



Enhanced Benefits for Your Health Plan

Everyone knows that change isn't always simple and that leading a healthy lifestyle takes some work. However, there are some easy things you can do today to help improve the quality of your life. Prevention and proper screenings are important to your health and can help you treat potential health problems before they develop or worsen.

Due to recent events surrounding the spread of the coronavirus (COVID-19), your health plan has enhanced your benefits at no cost to you.

These include the following:

- No out-of-pocket costs for COVID-19 testing.
- No copay for Teladoc[®] visits for any diagnosis.

These plan amendments have been added to help you stay healthy, so you can stay your absolute best.

Know your symptoms

If you develop fever, cough and difficulty breathing, seek medical advice promptly, as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers. Calling in advance will allow your health care provider to quickly direct you to the right health facility. This will also help to prevent possible spread of COVID-19 and other viruses.

Additional assistance

Aetna has opened its Resources for Living services, regardless of whether or not you already have this service as part of your benefits plan. You can call **1.833.327.2386** for any questions or concerns you may have.

Questions?

If you have any questions, please call your Quantum Health Care Coordinators at the number on your ID card.

Reference: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your health care provider regarding any questions you have about your health and/or medical treatment.