



## Coronavirus (COVID-19) and Your PEEHIP Benefits

The Retirement Systems of Alabama and PEEHIP are dedicated to the health and well-being of our members. Please know that PEEHIP is carrying on business operations so that our members are taken care of during this Coronavirus (COVID-19) epidemic. We are working diligently with our business partners and carriers and closely monitoring guidance issued by the Governor’s office, the U.S. Centers for Disease Control and Prevention (CDC), and the Alabama Department of Public Health (ADPH). As concerns over the spread of the Coronavirus grow, PEEHIP is taking steps with our carriers (BCBS, MedImpact, VIVA Health, and Humana) to temporarily remove barriers to appropriate testing and care.

- ◆ **COVID-19 Testing:** The copay is waived and covered at 100% at CDC and FDA-approved lab locations, as well as the ADPH. No copay, deductible, or coinsurance will apply to the lab test and no prior authorization is required.
- ◆ **Teladoc, MDLive, and Telehealth:** The copay is waived and covered at 100% for Teladoc through BCBS and VIVA Health, and for MDLive through Humana. Additionally, our members can have free telehealth visits from any location with any in-network provider who offers them through their local office to address urgent care medical needs. Humana members may also receive free telehealth visits from

out-of-network providers as well for urgent care needs. These temporarily expanded benefits are options to seek medical care virtually as opposed to in-person care to limit exposure and spread of the virus.

- ◆ **Early Prescription Refills:** So that members can prepare for extended medication supply needs, early prescription refills are allowed, such as an extra 30-day or 90-day supply as appropriate. If you have any questions about early refills, call MedImpact (group #14000 members) at 877.606.0727, VIVA at 800.294.7780, or Humana at 800.747.0008.

Telehealth Benefit Detail	PEEHIP BCBS Group #14000 Hospital Medical Plan	VIVA Health Plan	Humana Group Medicare Advantage (PPO) Plan
Telehealth Provider	Teladoc	Teladoc	Virtual Visits by MDLive
Availability	Nationwide 24/7/365 by phone, web, and mobile app		
Video/Telephonic	Video and telephonic		Video and telephonic
Needed for Sign up	PEEHIP member ID card with basic identifying information		
Cost for medical visit	\$0	\$0*	\$0
Website	<a href="http://www.teladoc.com/alabama">www.teladoc.com/alabama</a>		<a href="http://www.mdlive.com/humanamedicare">www.mdlive.com/humanamedicare</a>
Phone	855.477.4549	800.TELADOC	888.673.1992

*\*This copay has been temporarily waived. The standard VIVA telehealth copay is \$45.*

PEEHIP will continue to closely monitor the spread of this virus and take the necessary steps to ensure our members have access to the coverage needed in this difficult time. Please continue to check the RSA website at [www.rsa-al.gov](http://www.rsa-al.gov) for further updates. ●

# Coronavirus – What You Need to Know

<https://www.cdc.gov/coronavirus/2019-ncov/>

**C**all your doctor if you think you have been exposed and/or develop a fever and the symptoms below.

## SYMPTOMS

The following symptoms may appear 2-14 days after exposure:

- ◆ Fever
- ◆ Cough
- ◆ Shortness of breath

The following symptoms are an **emergency warning sign** indicating you should seek medical attention immediately:

- ◆ Difficulty breathing
- ◆ Persistent pain or pressure in the chest
- ◆ New confusion or inability to wake
- ◆ Bluish colored lips or face
- ◆ Any other severe symptoms

## HOW TO PROTECT YOURSELF AND OTHERS

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.**

### Know how it spreads

- ◆ The virus is thought to spread mainly from person-to-person.
- ◆ Between people who are in close contact with one another (within about 6 feet).
- ◆ Through respiratory droplets produced when an infected person coughs or sneezes, as these droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

### Steps to protect yourself

- ◆ **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place,

or after blowing your nose, coughing, or sneezing.

- ◆ If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- ◆ **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- ◆ **Avoid close contact** with people who are sick.
- ◆ **Put distance between yourself and other people** if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

### Steps to protect others

- ◆ **Stay home if you are sick, except to get medical care.**
- ◆ **Cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow.
- ◆ Throw used tissues in the trash.
- ◆ **If you are sick** you should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room.
- ◆ **If you are NOT sick** you do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.
- ◆ **Clean AND disinfect frequently touched surfaces daily.** This includes

tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

- ◆ **If surfaces are dirty, clean them** by using detergent or soap and water prior to disinfection.

## HOW TO DISINFECT

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

### Options include:

- ◆ Diluting your household bleach  
To make a bleach solution, mix:
  - ◇ 5 tablespoons (1/3 cup) bleach per gallon of water OR
  - ◇ 4 teaspoons bleach per quart of water
- ◆ Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.
- ◆ **Alcohol solutions**  
Ensure solution has at least 70% alcohol.
- ◆ **Other common EPA-registered household disinfectants**  
Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method, and contact time, etc.) ●

## Coronavirus Testing Hotline

<https://www.al.com/coronavirus/2020/03/heres-where-you-can-get-tested-for-coronavirus-in-alabama.html>

The Alabama Department of Public Health has set up a hotline, 888.264.2256, for people who are concerned about whether they need to be tested and where testing is available.

ADPH also still recommends anyone with symptoms like fever, cough, and other respiratory issues to contact their physician, rather than showing up at a hospital ER or a doctor's office.



## EAT HEALTHY. FEEL BETTER.

Each month PEEHIP and Chews Wisely Alabama<sup>SM</sup> will introduce you to new ways of eating better and getting healthier. Chews Wisely Alabama<sup>SM</sup> is all about making small, simple changes that make a big impact. It's about embracing the foods you love and the life you live, just making little tweaks so you can feel better every day.

### Move on Up

Of course, feeling good isn't only accomplished in the kitchen, you've got to get moving! Get Moving Alabama is a program that provides Alabamians with opportunities to

become more physically active. They've got tips for both adults and kids, on how to fit exercise into your daily life, so you can feel better every day. Learn more at [www.alabamapublichealth.gov/obesity/get-moving.html](http://www.alabamapublichealth.gov/obesity/get-moving.html).

### Slice of Delicious

Remember Tomato Pie? We sure do. Try out Chews Wisely Alabama's new and improved recipe. A few tweaks make it a little bit healthier and a lotta bit delicious! Head to [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com) for more great recipes. ●

## Hear it from PEEHIP

PEEHIP wants to share their excitement about Chews Wisely Alabama<sup>SM</sup> with everybody. Learn what they are so excited about at <https://vimeo.com/rsavideos>.



## Stay Up-to-Date



Follow us on Facebook for the latest tips and recipes on healthy eating: [Facebook.com/ChewsWiselyAlabama](https://www.facebook.com/ChewsWiselyAlabama). Plus, don't forget to visit our website, [ChewsWiselyAlabama.com](http://ChewsWiselyAlabama.com), for great content on healthy eating and living.

## RECIPE OF THE MONTH



### INGREDIENTS

- 1 lb heirloom tomatoes
- 1/2 tsp salt
- 1 cup part-skim ricotta cheese
- 1/4 cup grated parmigiano-reggiano cheese
- 3 tsp thinly sliced chives
- 1/4 cup chopped fresh basil
- 1 large egg, lightly beaten
- 1/4 tsp salt and pepper
- 1 grated garlic clove
- 1 walnut pie crust

### INSTRUCTIONS

1. Preheat your oven to 350°F. Take 1 lb of heirloom tomatoes and cut them half crosswise. Remove and discard the seeds, then cut into 1/4" slices. Arrange on a double layer of paper towels. Top with 1/2 tsp salt. Let stand for 20 minutes. Pat dry with paper towels.
2. In a large bowl mix together the ricotta cheese, grated parmigiano-reggiano, chives, basil, egg, salt and pepper, and grated garlic.
3. In a walnut pie crust, place a layer of your bowl mixture, layer of tomatoes, layer of mixture, and top with tomatoes. Bake until browned on top (about 35 minutes). Let stand for 30 minutes before topping with fresh pepper and serving.

### FIND US ONLINE!

Follow us on your favorite social media platforms: [@ChewsWiselyAlabama](https://www.facebook.com/ChewsWiselyAlabama)





## Medicare-Eligible PEEHIP Members

The information below pertains to Medicare-eligible PEEHIP retirees or Medicare-eligible dependents of PEEHIP retirees. For more information, visit [www.rsa-al.gov/peehip/retirees/](http://www.rsa-al.gov/peehip/retirees/).

### Update to March PEEHIP Advisor

As presented in the March 2020 PEEHIP Advisor, members of the PEEHIP Humana Group Medicare Advantage (PPO) Plan have access to Go365<sup>®</sup> by



Humana. Go365<sup>®</sup> is a wellness and rewards program that rewards you with gift cards for completing healthy activities. Below is a correction to the awardable activities that provides the activity limit for volunteering and fitness or lifestyle classes. To see the extended list of activities and rewards, please see the March PEEHIP Advisor by visiting [www.rsa-al.gov/uploads/files/PEEHIP\\_Advisor\\_March\\_2020\\_web.pdf](http://www.rsa-al.gov/uploads/files/PEEHIP_Advisor_March_2020_web.pdf). ●

Social and Lifestyle Activities	Reward value per Activity	Activity Limit
Athletic Event e.g. 5k walk/run	\$5	4 per year (\$20 annual maximum)
Volunteering	\$5	
Fitness or lifestyle class (e.g. yoga, dancing, painting)	\$5	