

What You Need To Know About The **CORONAVIRUS**

WHAT IS THE CORONAVIRUS?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel (new) coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. Symptoms associated with the virus are mild to severe fever, cough, and shortness of breath. There is currently no vaccine to protect against COVID-19, and there is no specific antiviral treatment for the virus.

As the coronavirus spreads across the United States, the CDC recommends using telemedicine to help people find the right level of healthcare for their medical needs. This can help limit the spread of the virus by eliminating the risk of exposure to germs in the ER, Urgent Care Clinics, and doctors' offices.

CORONAVIRUS FACTS

- ◆ Coronavirus is a family of viruses known to cause illnesses ranging from the common cold to pneumonia.
- ◆ Symptoms of the coronavirus include shortness of breath, coughing, runny nose, sore throat, and fatigue.
- ◆ MDLIVE continually monitors the CDC guidelines and recommendations around the coronavirus disease. MDLIVE physicians are prepared to screen patients and their symptoms to determine the severity and whether symptoms align with the COVID-19.
- ◆ If concerns for coronavirus are present during your medical assessment, the MDLIVE physician will help guide you to the appropriate level of care.

PREVENTION TIPS



Stay home if you're sick.



Wash your hands frequently with soap and water for 20 seconds at a time. If you don't have soap and water available, use a hand sanitizer that's at least 60% alcohol.



Avoid contact with people who are sick.



Try not to touch your eyes, nose or mouth.



Clean and disinfect surfaces and objects that are frequently touched.



Refrain from traveling if possible



CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain, such as grocery stores and pharmacies.



If there is any suspicion of infection, contact your healthcare provider immediately. Your healthcare provider will then determine if appropriate to contact local health authorities based on symptoms and likelihood of COVID-19.

USE MDLIVE

To Limit Your Exposure
To Germs And Viruses



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- ◆ Rash
- ◆ Sinus Infections
- ◆ Sore Throat
- ◆ Urinary Tract Infections (Female, 18+)
- ◆ And more

If you feel sick, MDLIVE is here for you. Get the care you need anytime, anywhere, and start feeling better faster.

HOW TO USE MDLIVE



You can access MDLIVE online at: ibxmedicare.com/MDLIVE



Phone: **1-888-961-4188**
(TTY: **1-800-770-5531**), 24/7

1. Sign up to use your MDLIVE account. We recommend you register now so you're prepared when you need quality care.
2. Request to see a doctor. MDLIVE doctors are available by phone or video. You can request to see a doctor right away or schedule your appointment for a time that works for you.
3. Have your visit. Your MDLIVE doctor will go through your symptoms, recommend a treatment, and can even send a prescription to your nearest pharmacy if you need one.

Telemedicine is provided by MDLIVE, an independent company. Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association. Independence Blue Cross complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llama al 1-800-275-2583 (TTY/TDD: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-275-2583 (TTY/TDD: 711)。

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