

COVID-19: Finding Medical Care Guidance

Guidance from UW-Madison if you are having symptoms: <https://covid19.wisc.edu/faqs/>




According to the Centers for Disease Control and Prevention, symptoms typically appear 2-14 days after exposure and include fever, cough, and shortness of breath.

Getting Medical Care:

If you need medical care and it is not an emergency, you can call your health care provider before going to a clinic.

Telehealth Options:

Many Group Health providers have been offering free telehealth medical services covered through your insurance plan. Telehealth is available 24/7 for each provider, and it allows you to use your smartphone, tablet, or desktop computer webcam.

Provider	Contact Information
<p>QUARTZ</p> 	<p>Visit:</p> <ul style="list-style-type: none"> • UWHealthCareAnywhere.org • https://quartzmychart.com/ <ul style="list-style-type: none"> ○ Can access telehealth by logging into MyChart <p>Customer Support: 844-606-1606</p>
<p>DEAN HEALTH PLAN</p> 	<p>Visit:</p> <ul style="list-style-type: none"> • deancare.com <ul style="list-style-type: none"> ○ Log in to Dean Care Account <p>Additional resource 24Hour Dean NurseConnect Line at: 1-800-576-8773</p>
<p>GHC</p> 	<p>Visit:</p> <ul style="list-style-type: none"> • ghcsw.com/virtuwell <ul style="list-style-type: none"> ○ Can access telehealth by logging into MyChart • ghccareondemand.com <p>Additional resource 24Hour GHC NurseConnect Line at: 608-661-7350 or toll free 855-661-7350</p>

This list is not all encompassing, for a larger list visit <https://etf.wi.gov/telehealth-options>

What should I do if I need to be tested for COVID-19?

Due to the Families First Coronavirus Response Act, all group health insurance plans now cover testing and any services or supplies provided as part of a testing visit at no cost to patients.

- Contact your doctor to schedule an in-person appointment. Bring your insurance card with you!
- If you have a High Deductible Health Plan, you can also receive testing at no cost.

For more information please visit: <https://etf.wi.gov/your-health-benefits-and-covid-19#testing>

Changes to Eligible Expenses for FSA and HSA:

The following can now be purchased using your HSA and Health Care FSA cards,

- Over-the-counter medicines (these treatments no longer require a prescription)
- Telehealth services, pre-deductible without impacting HSA eligibility (until December 31, 2021)

Full list of eligible expenses: <https://www.connectyourcare.com/tools/eligible-expenses/>

What about getting all the medications I need?

**Due to Covid19, there is an option to preorder a 90-day supply delivered to your home. Please work with your doctor.



Mail-Order Pharmacy

Why use a mail-order pharmacy?

- **You'll pay less**
Only 2 copays for a 3-month supply
- **It's safe and confidential**
Your medications are delivered in a confidential and weather-resistant package
- **You're supported**
Have a question about your medication?
Pharmacists are available 24/7

For more information, visit serve-you-rx.com/navitus or call 1-800-481-4940



Vaccines at Pharmacies

Get vaccinated at any in-network pharmacy, using your pharmacy benefit.

- **How much does it cost?**
\$0, it's free!
- **Which vaccines are available?**
Influenza, Pneumonia, Tetanus, Hepatitis, Shingles, Measles, Mumps, Human Papillomavirus (HPV), Pertussis, Varicella, Meningitis

Just show your Navitus card at the pharmacy. If you prefer, you can still get vaccinated at your doctor's office using your medical benefit.

This information is available on the HR Toolbox COVID19 folder at hr.housing.wisc.edu

If you have any questions about this handout, contact Housing Payroll at 608-262-2308 or payroll@housing.wisc.edu.