April 2020

How your health plan helps you handle COVID-19

Here are just a few ways you can count on your benefits right now

Coronavirus is a type of virus that causes respiratory illness — an infection of the airways and lungs. COVID-19 is a new strain of coronavirus. It's part of the same family of coronaviruses that includes the common cold.

Find out more about it and how you can look after yourself and those you care about at **anthem.com/coronavirus** or the CDC website at **cdc.gov/coronavirus**.

What your Anthem benefits will cover

COVID-19 testing

If you need a COVID-19 test, it's covered — with no out-of-pocket costs. We'll also cover the visit where you get the test, whether that's at a doctor's office, urgent care center or emergency room.

Telehealth benefits

Telehealth visits through LiveHealth Online are available to you at no cost between now and June 14, 2020.

Symptom checks and doctor visits from home

The Sydney Care mobile app is a quick and easy way to get health answers — without leaving home. The app includes a Coronavirus Assessment tool that's designed to help you check your potential risk in just minutes. You can assess your symptoms, and then, if you choose to, the app will connect you to a doctor through a LiveHealth Online video session or a telehealth text session right from your phone. The doctor you chat with or see can evaluate your symptoms, help you understand whether you're at risk for COVID-19, and tell you if you should visit a local healthcare provider in person for COVID-19 testing.

Download the Sydney Care mobile app from the App Store or Google Play today.

Managing Stress during COVID-19

Due to all the changes and uncertainty surrounding COVID-19, stress may last for days or weeks instead of just minutes or hours like in the past. When that happens, your system goes into overdrive and stress hormones can disrupt many of your body's processes.[1]

What is stress?

Stress is about the relationship between the demands of your life and the emotional resources you have to meet these demands. Demands are usually things like your job or something going on with your family. Your health, your outlook on life, your relationships with family and friends, and your money situation affect how deep your emotional reserves go. Once your emotional resources are drained, you have a hard time meeting the demands life puts on you, and you start to feel stressed.[2]

- Get out and exercise.
- Laugh out loud.
- Talk to friends and family.
- Do yoga.
- Get more rest.
- Speak up.
- Write it down.
- Play some tunes.
- Change your focus.
- See a counselor or therapist.

Try some of these tips to live your life with less stress. Talk to your doctor if these changes do not help you. Sometimes other health problems have similar symptoms.[3] Not all stress is bad. Happy events, like a new job, getting married, having a baby or buying a house can also cause stress. But too much stress for too long can be bad for your health. Stress is linked to:[1,4]

- Higher risk of heart disease
- Obesity
- Digestive problems
- High blood pressure
- Heart palpitations and breathing problems
- Memory loss
- Insomnia
- Depression
- Trouble managing anger
- Drinking too much alcohol

If nothing you do seems to lower your stress levels, talk to your doctor. Sometimes other health problems can have similar symptoms.

1 Mayo Clinic, Stress Relievers: Tips to Tame Stress (accessed January 2015): mayoclinic.com
2 National Institute of Mental Health, Q&A on Stress for Adults: How it affects your health and what you can do about it (accessed January 2015): nimh.nih.gov/health/publications/stress
3 Mayo Clinic, Stress Management (accessed January 2015): mayoclinic.com
4 Helpguide.org, Stress Symptoms, Signs and Causes (accessed January 2015): helpguide.org

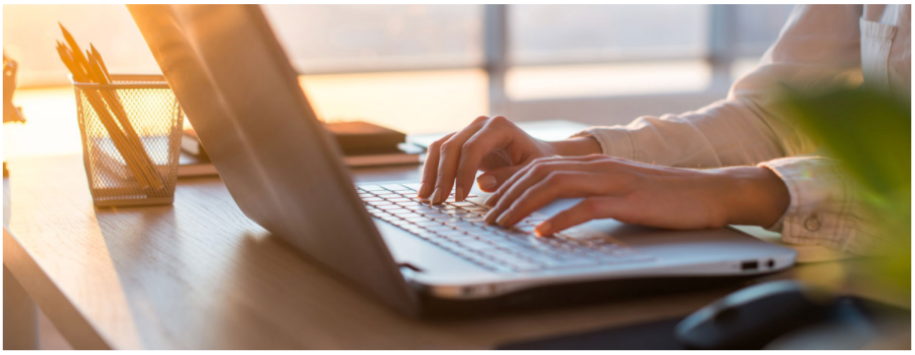
You don't have to give up your favorite foods to lose weight and feel your best.

The next Naturally Slim class starts soon! Learn how to eat the foods you love while reducing your risk of developing serious conditions, like diabetes or heart disease.
Naturally Slim is available at NO COST to you and is accessible via computer and mobile device so you can participate whenever it's convenient, wherever you are.

Space is limited. Apply between April 6 - 17, 2020.

www.naturallyslim.com/modot-mshp

The Naturally Slim program starts May 4, 2020.
Active employees, spouses, adult dependents (age 18 or older), and pre-Medicare retirees on the Anthem BCBS Medical Plan are eligible to apply.



My Well-Being Journey

If you would like to share your own well-being journey or pictures of health & wellness activities and events with your coworkers, send them to your Wellness Champion. We will feature them in our newsletter and our socials to encourage and inspire others.

Testimonials from MoDOT & MSHP Naturally Slim Participants:

"Week one....it was great! I lost a little over 4 pounds and chewing slowly....wow, who would have thought it, lol. What a difference that really makes! The timer is absolutely eye opening! I cannot wait for my own future success as well as everyone else'..."

"I am grateful that my employer/insurance provided me the opportunity to utilize this program. It is a win/win for us all."

"It's a great common sense program. It doesn't require me to get special foods. It has been a super program. I've met my initial goal set a second goal and met it today."