

As CalCPA Health continues to monitor the COVID-19 situation and how it affects our members, regular updates will be provided via our web site at www.calcpahealth.com.

To follow is a list of frequently asked questions along with some information you may find useful during this time.

1. If I have COVID-19 symptoms what should I do?

- a. Call your doctor or medical group for instructions (or 911 if an emergency).
- b. Doctors and medical facilities(hospitals) are requesting you do not just show up, (unless an emergency) so as not to risk exposing other patients in the waiting room and unprotected medical staff.
- c. The CDC has directed the medical community on the procedures to follow. Your doctor will provide you with the appropriate next steps to take and where to go for evaluation/testing/treatment.

2. COVID-19 Testing - How can I get test?

- Call your doctor (or medical group).
 - Our current understanding is tests are available only through a doctor (or their medical group).
 - Your doctor will apply the CDC guidelines to determine if you are to be tested.
 - Your doctor will provide instructions on where to go to be tested.

3. Are Covid-19 Tests covered by my plan?

- Yes, tests authorized by a doctor according to CDC guidelines are covered by CalCPA Health at no cost sharing (copay or deductible).
- Note: self-administered home tests, not ordered by a doctor, are not covered. We are aware of home test companies advertising to submit sales receipt into your health plan for reimbursement. Currently, tests require a doctor's order and be administered by a medical provider to be covered by the plan.

4. My doctor's office is closed to non-emergency patients what should I do?

- LiveHealth Online is also available at no cost to you (until 06/14/20) and allows you to seek care without having to be seen physically in the office.
 - LiveHealth Online has expanded the services they can provide by video or telephone
- If your condition is not covered by LiveHealth Online, call your doctor or medical group and ask for guidance. Call 911 if you have a medical emergency.
- We have seen medical groups and hospitals publishing lists of open urgent care and other non-emergency open offices. Again, if you have COVID-19 type symptoms they request that you call ahead for instructions to minimize risk of expose other patients and unprotected health care workers.

5. Prescription Drugs

CalCPA Health is encouraging our members to convert their prescriptions to mail order (Home Delivery) to reduce exposure by visiting pharmacies as well as to save member cost (mail order copays and drug costs are less than retail pharmacies). A retail prescription can be changed over to home delivery with a few clicks on the Express Scripts web site or app. Doctors can also electronically send in new prescriptions directly to the mail order pharmacy.

For those with a need for an early refill or 90-day supply at the retail pharmacy CalCPA Health has authorized pharmacists to provide this service. Many drugs are excluded from this program due to state/federal laws and supply, so check with your pharmacist.

6. Where to get the most current information?

- As COVID-19 information is very fluid, timely updates are available online at www.anthem.com/ca/blog/member-news/how-to-protect/