

KNOW YOUR BENEFITS

COVID-19 TESTING:

If you have symptoms of COVID-19 and want to get tested, try calling your state or local health department or a medical provider. While supplies of these tests are increasing, it may still be difficult to find a place to get tested.



TELEMEDICINE:



Telehealth is bridging the gap between people, physicians and health systems, enabling everyone, especially symptomatic patients, to stay at home and communicate with physicians through virtual channels, helping to reduce the spread of the virus to mass populations and the medical staff on the frontlines.

Applicable deductibles, copayments, or other cost-sharing for COVID-19 testing and treatment are being waived when ordered by your treating medical provider.

If you are covered by **UPMC Health Plan** - Visit AnywhereCare.com or download the mobile app to have a secure virtual visit. The mobile app can be downloaded from the Apple App store or Google Play by searching for "UPMC AnywhereCare." You can also register at [UPMC AnywhereCare.com](https://UPMCAnywhereCare.com) from your mobile device or computer. An account must be created in order to use this service.



If you are covered by **Highmark** - Your telemedicine service is Amwell or Doctor on Demand. Log in or register at amwell.com or doctorondemand.com. (You'll need your Member ID.) An account must be created in order to use this service.

FLEXIBLE SPENDING ACCOUNTS:

The CARES Act allows over the counter drugs to be offered on a pre-tax basis for employees that have an FSA. Some examples of allowed OTC items are:

- Cough medicines
- Cold medicines
- Allergy medicines
- Pain relievers, such as acetaminophen

Menstrual products are also now eligible and would include products such as, but not limited to:

- tampons
- pads
- liners
- cups
- sponges

The changes are permanent and will remain after the Coronavirus has been contained.



DEPENDENT CARE FSA:



Unlike Health FSAs, the provisions of the IRS regulations about Dependent Care Assistance (DCA) are competitively more permissible, enabling participants to make changes in their payroll contribution amounts as the daycare services utilized may change during the plan year. Please note, it is the responsibility of the DCAP participant to inform the employer, or plan sponsor, about any permissible change occurrences and to request modification of their annual election, resulting in a payroll contribution change.

If you have any questions, please contact your HR team.