

# Important facts about coronavirus COVID-19

## Here's what it is, how you can prevent it, and what your plan covers

There's a lot in the news lately about coronavirus and COVID-19. Here's some information you can use to help protect yourself and the people you care about.

### About coronavirus COVID-19



#### What is coronavirus and COVID-19?

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.



#### What are the symptoms?

The most common early symptoms appear between 2 and 14 days after infection. Symptoms can be mild to severe. They include fever, cough, and shortness of breath.



#### How does the virus spread?

Like many other viruses, coronavirus seems to spread from person-to-person through a cough, sneeze, or kiss.



#### How to protect yourself

Frequent hand-washing is the most effective way to protect yourself from infection. Other good habits to practice include covering your mouth and nose with a tissue when you cough and sneeze, and cleaning frequently touched items such as phones, keyboards, and doorknobs to help remove germs.



### What your Anthem benefits will cover

Your Anthem health plan will cover the care you receive if you're diagnosed as having COVID-19. Anthem will also waive out-of-pocket expenses for the focused test used to diagnose COVID-19 for fully insured, Individual, Medicare, and Medicaid members. You can call the number on your ID card to confirm coverage. You will pay any other out-of-pocket expenses the plan requires, unless otherwise determined by state law or regulation.



### What to do if you have symptoms

Call your doctor if you develop a fever, have a cough, or have difficulty breathing. And let them know if you've been in close contact with a person known to have COVID-19, or if you live in or have recently traveled to an area where the virus has spread. You can also use LiveHealth Online to speak to a doctor online without making an appointment. Use the **Engage** app or visit [livehealthonline.com](https://livehealthonline.com) to get started. If you think you're infected, using LiveHealth Online will help prevent spreading the virus.



### How do I make sure I have enough of my medication?

It's important to keep taking your medications, so if your pharmacy plan includes a 90-day benefit, this is a great time to think about changing from a 30-day supply to a 90-day supply for prescriptions you take on a regular basis. If you don't have a prescription for a 90-day supply, talk to your doctor to see if a 90-day supply would work for you.



Visit [anthem.com/blog](https://anthem.com/blog) or the CDC website at [cdc.gov/coronavirus](https://cdc.gov/coronavirus) to learn more about coronavirus COVID-19.

Sources:  
Centers for Disease Control and Prevention: *About Coronavirus Disease 2019 (COVID-19)* (accessed March 2020); [cdc.gov/coronavirus/2019-ncov/about/index.html](https://cdc.gov/coronavirus/2019-ncov/about/index.html).  
Centers for Disease Control and Prevention: *Frequently Asked Questions and Answers* (accessed March 2020); [cdc.gov/coronavirus/2019-ncov/faq.html](https://cdc.gov/coronavirus/2019-ncov/faq.html).

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