UnitedHealthcare®

The Novel Coronavirus
What you need to know.

Stay informed.

Your health and wellbeing is our number one priority. We want to make sure you have the information and resources you need to stay safe with this new virus.

You may hear it called the novel coronavirus, or COVID-19. The Centers for Disease Control and Prevention (CDC) believe that the risk of contracting the virus is currently low for most people. Those at higher risk of illness are:

- Older adults
- People with serious health conditions such as heart disease, lung disease and diabetes

The CDC recommends that those at higher risk take steps such as stocking up on supplies, avoiding crowds and staying home as much as possible. Visit the [CDC website](#) to learn more.

How to protect yourself.

- Wash hands often with soap and water for 20 seconds.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Clean and disinfect things you touch often.

- Cough or sneeze into a tissue and put tissue in trash.
- If possible, stay home when you feel sick.

What to do if you plan to travel.
If you or anyone you know plans to travel in the US or outside the US, please be sure to check the CDC's latest travel advisory. The CDC has urged that all travelers postpone cruise ship travel at this time.

We are here for you.
As a member of UnitedHealthcare®, there will be no cost to you for the COVID-19 test. If you think you have been exposed to the virus, contact your primary care provider.

Or if you have questions, especially about where to get care or making sure you get your prescriptions if you are at risk, please call us at the Customer Service number on the back of your member ID card.

We are also offering free emotional support for those that feel extra stress or fear due to COVID-19. You can call the Emotional-Support Help Line from Optum at 1-866-342-6892, TTY 711 , 24 hours a day, seven days a week.

For the most up to date information from UnitedHealthcare, please visit us online or visit the CDC website.