



Coronavirus: 5 Things You Can Do

Everyone plays a part in slowing and stopping the spread of coronavirus.
Here's how you can help.

1

Protect Yourself



Wash your hands with soap and water often.



Stay home as much as possible, only going out for work, groceries and medicine.



Don't touch your face, especially your eyes, mouth and nose, with unwashed hands.



Disinfect your frequently touched surfaces every day.

Protect Others

2



Keep your distance by staying 6 feet away from others.



Cover your coughs and sneezes, and throw away the tissues.



Help your neighbors with grocery runs if they're at high risk.

3

Get Care if You're Sick



Call your provider if you think you've been exposed.



Don't go to a provider's office, urgent care or the ER if your symptoms are mild to moderate and can be treated at home.



Don't spread it to others. Stay home and monitor your symptoms.



If you have COVID-19 symptoms (fever and cough) and start having significant trouble breathing or shortness of breath, go to the ER, or call 911 if severe.

4

Use Your Benefits

Until at least June 30, 2020, your health plan covers telephone and virtual visits with primary care providers, and behavioral health specialists who offer these services. Your copay or cost share will be the same as they are for a regular office visit.

We're also covering treatment for COVID-19 under your standard benefits, and waiving member fees for testing.

If your pharmacy benefits are through BlueCross, we encourage you to get a 90-day fill for your maintenance medications.

5

Ask Your Provider



If your provider recommends COVID-19 testing, ask them where to go.

Symptom Checker

The rise of COVID-19 has many wondering if their seasonal illness symptoms could be something more. This chart helps you understand each.

	Common Cold	Seasonal Allergies	Flu	COVID-19
Cough	●		●	●
Fever			●	●
Runny or stuffy nose	●	●	●	
Fatigue			●	
Muscle or body aches			●	
Shortness of breath			●	●
Sneezing	●	●		
Itchy or dry eyes		●		
Sore throat	●		●	
Headaches			●	

Visit [BCBSTupdates.com](https://www.bcbstupdates.com) for updated COVID-19 information.



1 Cameron Hill Circle | Chattanooga, TN 37402 | [bcbst.com](https://www.bcbst.com)

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For TDD/TTY help call 1-800-848-0298.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Si usted es miembro, llame al número de Servicio de atención a miembros que figura al reverso de su tarjeta de identificación de Miembro o al 1-800-565-9140 (TTY: 1-800-848-0298).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بلاإلجان. إذا كنت عضواً، فاتصل برقم خدمة الأعضاء الموجود على ظهر بطاقة هوية العضو أو بالرقم 1-800-565-9140 (الهاتف النصي: 1-800-848-0298).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。若您是會員，請撥打會員 ID 卡背面的會員服務部號碼或 1-800-565-9140 (聽障專線 (TTY) : 1-800-848-0298)。