



INSURANCE INFORMATION AND COVID-19

m MANAGEMENT
AND BUDGET
STATE EMPLOYEE GROUP
INSURANCE PROGRAM

Insurance coverage and COVID-19

We care about your health. During the uncertain times of COVID-19 we remain committed to providing benefits and resources for you and your family. Read on for helpful information that can support your health and wellbeing right now.

Tips for accessing health care and prescriptions

- **COVID-19 testing guidelines.** Review the State of Minnesota's [COVID-19 site](#) for up-to-date testing guidelines. As of June 2020, tests are widely available for members who are symptomatic. Many providers offer drive-through testing sites, but be sure to call and verify availability, location, and hours. If you don't have any symptoms but believe you may have been exposed to COVID-19, call your primary care clinic to discuss options. Department of Health [guidance](#) currently recommends testing for anyone who has attended a large gathering.
- **Coverage for COVID-19 testing.** During the public health emergency period, testing recommended by your designated primary care provider is covered with no copay or deductible responsibility. Testing at the worksite, such as those conducted by an employer to determine suitability to return to or remain at work, is not covered by SEGIP.
- **Use COVID-19 screening options from home.** Use online care to evaluate your symptoms and risks. You can also discuss concerns with your health care provider and make a treatment plan. Advantage Plan members receive free visits for online care when using their health plan administrator's designated vendor.
 - BlueCross BlueShield members: use Doctors on Demand or virtuwell
 - HealthPartners members: use Doctors on Demand or virtuwell
 - PreferredOne members: use MDLive or virtuwell
- **Need care not related to COVID-19? Use free online care and convenience clinics for common illnesses.** Advantage Plan members receive free access to convenience clinics and online care. These resources can help provide treatments for common illnesses, such as colds, pink eye, and bladder infections. Use these no-cost alternatives for common illnesses instead of doctors' offices or urgent care centers. Contact your health plan administrator to find in-network convenience clinics or use their designated vendor for online care.

- **Early refills for prescriptions.** You can now fill your routine prescriptions up to 30 days ahead of the normal refill date during the COVID-19 pandemic. This helps you minimize trips to the pharmacy and keep the medications you need readily available. Please note, a new prescription is needed for early refills of controlled substances.

We're here to help

Our Insurance Team is available to answer your benefit questions . As we use social distancing, please take into consideration the following:

- **Emailing document.** To receive faster service please email time sensitive forms instead of mailing them. Send them to our secure email address: segip.mmb@state.mn.us. Submitting a photo of a form or document from your mobile device is acceptable.
- **Contact us.** [Find out how to contact us](#). Calls are returned within one business day.
- **When to call your health plan administrator.** [Contact your health plan administrator](#) if you have questions about your care or where you should receive care.

Other resources to support you

Amid all the uncertainty, it's important to make time to take care of yourself. Stress and change can affect your health in many ways. Please be aware of these resources that can help support your overall health and well-being.

- **Employee Assistance Program.** All state employees and immediate family members can receive free, confidential services for your personal or professional life, from counseling to consultation on financial or legal matters. This includes five free counseling sessions a year per topic. Access these services anytime at 1-800-657-3719 or online using the password stmn1.
- **Wellbeing program.** COVID-19 can cause feelings of stress and anxiety. Our wellbeing program offers some resources that can help you cope, including an activity that can help you practice mindfulness. Start this activity by [logging into Virgin Pulse](#) and use the Whil program.
- **More resources and information.** We're updating the [SEGIP website](#) as more information becomes available. Stay informed about other COVID-19 news from trusted sources, including the [Minnesota Department of Health](#) and Center for Disease Control. Additional information to help you prepare for, respond to, and mitigate emergencies is available at mn.gov/bereadymn.