



## Coronavirus (COVID-19): **Virtual screenings for \$0**

With the novel coronavirus (COVID-19) in the news, you're probably wondering what to do if you start feeling symptoms. We're here to help.

**Blue Shield will be covering your Teladoc visits through May 31**

This means if you have a **fever, cough, and feel short of breath**, you can get [screened by](#) a Teladoc® doctor by phone or video without having to seek in-person care. This will help protect you and reduce the risk of spreading the virus.

[Learn more](#)

You can also call your doctor or primary care physician (PCP) for advice.

Learn more about all the virtual and in-person care options available below.



Teladoc

Get screened by a U.S. board-certified doctor by phone or video any time.



NurseHelp 24/7<sup>SM</sup>

Get advice on what to do from a registered nurse – 24/7 – at no additional cost.



## Primary care physician

Call before going in. This way, you can take precautions to reduce the risk of spreading the virus.

## Urgent care

For immediate, in-person care for non-emergencies, call ahead and follow their advice for COVID-19 symptoms.

If your doctor or nurse recommends testing for COVID-19, they can tell you where to go to get tested.

Call 911 if you [develop emergency warning signs](#)\* for COVID-19, such as:

- ✓ Difficulty breathing or shortness of breath
- ✓ Persistent pain or pressure in the chest
- ✓ New confusion or inability to arouse
- ✓ Bluish lips or face

\* This list is not all-inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

No matter what your medical needs are, we want you to be prepared and know your care options.



## Always be prepared

Use the Blue Shield app to search and call urgent care centers before going in person.



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guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA-controlled substances, non-therapeutic drugs, and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services.

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