

SPRJ54700

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WHAT YOU NEED TO KNOW ABOUT THE NOVEL CORONAVIRUS



<p>Client Aits</p> <p>3</p> <p>catchfire</p>	<p>Internal & External Team</p> <p>Date: 03.23.20</p> <p>Client Contact:</p> <p>Art Director/Designer: catchfire</p>	<p>Project Details</p> <p>Depot #: SPRJ54700</p> <p>Name: Group Covid Mailer – Concept A</p> <p>Stage: In Review</p> <p>Reading level: 6.4</p> <p>File Name: SPRJ54700.indd</p>	<p>Color</p> <p>CMYK</p>	<p>Dimensions</p> <p>Flat: 8.5" x 11"</p> <p>Folded: 8.5" x 5.5"</p> <p>Software: InDesign CC</p>	<p>Notes</p>
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Your health and well-being are our number one priority.

Please provide your email address today, so we can help you stay current. Visit uhcretiree.com and choose “Register Now” to set up your account.

You may hear it called the Novel Coronavirus or COVID-19.

The Centers for Disease Control and Prevention (CDC) believes that the risk of contracting this 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 a higher risk take steps to help minimize exposure to the virus, such as:

- ✓ Avoiding crowds
- ✓ Stocking up on supplies
- ✓ Staying at home as much as possible

We are here for you.

As a member, there will be no cost to you for the COVID-19 test.

If you think you've been exposed, contact your primary care provider.

Have questions, about where to get care or how to fill prescriptions?

Call the Customer Service number on the back of your member ID card.

Are you feeling extra stress or fear due to COVID-19?

Call the Emotional-Support Help Line at **1-866-342-6892**, TTY **711**, 24 hours a day, seven days a week.

For the most up to date information and available resources, visit your member website or cdc.gov.

How to help protect yourself.

- 1 Wash hands often with soap and water for 20 seconds
- 2 Avoid touching eyes, nose and mouth with unwashed hands
- 3 Clean and disinfect things you touch often
- 4 Cough or sneeze into a tissue and put tissue in trash
- 5 If possible, stay home when you feel sick



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Keeping you informed in a timely manner about any health related news is important to us. Visit uhcretiree.com and choose “Register Now” to set up your account.