

Overview

We at UFCW & Employers Trust understand the many concerns regarding the coronavirus 2019 (COVID-19) outbreak. While we cannot provide medical advice, as the Plan Administrator we have assembled this handy resource sheet to help Members quickly attain information for themselves, their family members, and their friends. We take this public health matter very seriously. This is a fluid situation, which can change daily; we will update you as needed.

Highest Risk Individuals

1. Elderly people.
2. People of any age who have underlying medical problems such as heart disease, diabetes, cancer, or chronic lung diseases like Chronic Obstructive Pulmonary Disease (COPD), as well as those who are immunocompromised.

Government Response

Government agencies have been preparing for several weeks. Governmental priorities center on reducing the spread of COVID-19, and are encouraging people to stay home when sick.

Healthcare Response

Healthcare facilities across the U.S. have uniformly advised people who are ill to call their health care provider before visiting an office. Phone consultation may be adequate.

Sources:



Questions and Answers:

Q1: I (or my covered spouse or child) am extremely ill. What should I do?

A1: If the conditions are life threatening, call 911. If not life-threatening, call your doctor or urgent care.

Q2: I think I or one of my covered family members might have the coronavirus. What should I do?

A2: You have several options. The TFO cannot provide medical advice. You will have to determine what is best for your situation. Possible options include:

1. Call your primary care provider or advice line to determine your next steps.
2. Call MedExpert at 1-800-999-1999. Their Individual Medical Decision Support (IMDS) services may help determine what you should do.
3. Call or visit an Urgent Care facility that is in-network for your medical carrier.
4. Check out the many healthcare, local, state and national resources starting on page 2. Updated information is on the homepage of www.ufcwtrust.com.

Q3: How will the Plan cover medical expenses for coronavirus?

A3: During the outbreak, Kaiser and your PPO Plan through Blue Shield will cover 100% of the cost for screening and testing for COVID-19, including the visit, associated lab testing, and radiology in a hospital, emergency or urgent care setting, or medical office. In the event you are diagnosed with the coronavirus, treatment, including hospital admission (if applicable) will be covered subject to the usual deductibles, copayments, and coinsurance, according to Plan rules.

Source links:

1. www.cdc.gov/covid19
2. www.medexpert.com/newsresearch-2

**Coronavirus 2019 (COVID-19)
Providers & Networks Listing**
Updated: March 12, 2020



Providers and Networks

(Click for website)

[Community Hospital of the Monterey Peninsula \(CHOMP\)](#)

[Dignity Health](#)

[Health Net](#)

[John Muir](#)

[Kaiser Permanente](#)

[MedExpert](#)

[Sutter Health](#)

[UC Davis](#)

[UCSF](#)

[UnitedHealthcare](#)

Government Resources

(Click for website)

[California Department of Public Health](#)

[Centers for Disease Control and Prevention \(CDC\)](#)

Phone

(Smart Phone: Click to call)

Your Healthcare Provider

Your Healthcare Provider

800-522-0088

925-952-5600

Advice # on your Kaiser Card

800-999-1999

866-961-2889

Your Healthcare Provider

Your Healthcare Provider

Your Healthcare Provider

916-558-1784

800-232-4636

Coronavirus 2019 (COVID-19)
NorCal County Resource Listing
 Updated: March 12, 2020



County (Click for website)	Phone (Smart Phone: Click to call)
<u>Alameda</u>	510-267-8000
<u>Alpine</u>	530-694-2146 x222
<u>Amador</u>	209-223-6407
<u>Butte</u>	530-538-7581
<u>Calaveras</u>	209-754-6460
<u>Colusa</u>	530-458-0250
<u>Contra Costa</u>	925-957-5400
<u>Del Norte</u>	707-464-3191
<u>El Dorado</u>	530-621-6100
<u>Fresno</u>	559-600-3200
<u>Glenn</u>	530-934-6588
<u>Humboldt</u>	707-445-6200
<u>Inyo</u>	760-873-7868
<u>Kern</u>	661-321-3000
<u>Kings</u>	559-584-1401
<u>Lake</u>	707-263-1090
<u>Lassen</u>	530-251-8183
<u>Madera</u>	559-675-7893
<u>Marin</u>	415-473-7191
<u>Mariposa</u>	209-966-2000
<u>Mendocino</u>	707-463-7700
<u>Merced</u>	209-381-1200
<u>Modoc</u>	530-233-6311
<u>Mono</u>	760-924-1830
<u>Monterey</u>	831-755-4500

County (Click for website)	Phone (Smart Phone: Click to call)
<u>Napa</u>	707-253-4270
<u>Nevada</u>	530-265-1450
<u>Placer</u>	530-889-7141
<u>Plumas</u>	530-283-6337
<u>Sacramento</u>	916-875-5881
<u>San Benito</u>	831-637-5367
<u>San Francisco</u>	415-558-5949
<u>San Joaquin</u>	209-468-3400
<u>San Mateo</u>	650-573-2222
<u>Santa Clara</u>	408-885-3980
<u>Santa Cruz</u>	831-454-4000
<u>Shasta</u>	530-225-5591
<u>Sierra</u>	530-993-6700
<u>Siskiyou</u>	530-841-2134
<u>Solano</u>	707-784-8600
<u>Sonoma</u>	707-565-4400
<u>Stanislaus</u>	209-558-7000
<u>Sutter</u>	530-749-7700
<u>Tehama</u>	530-527-6824
<u>Trinity</u>	530-623-8209
<u>Tulare</u>	559-624-8480
<u>Tuolumne</u>	209-533-7401
<u>Yolo</u>	530-666-8645
<u>Yuba</u>	530-749-6311