



Coronavirus COVID-19
HERE TO HELP



Medical Procedures

For several months, medical procedures deemed elective or non-emergency were delayed due to the COVID 19 stay at home orders. Now with our local area seeing restrictions to stay at home lifted, many of these delayed medical procedures are able to take place. Please review this very important information around securing a pre-certification for a needed medical procedure.

This document outlines steps you can take as a plan member to ensure your medical procedure is approved with limited delay.

(See attached file: Amerihealth Pre-Certification Guidelines.pdf)

If you are headed back to the doctor's office for a visit for the first time in months, make sure you get the most out of your time with the doctor.

Health Advocate can help you create a checklist of what to review with your doctor based on your current needs.

<http://www.healthadvocate.com/MedicalChecklists/>

**Health Advocate offers a FREE nurse line!
For non-urgent health issues please call 877 240 6863.
This nurse line is available 24 hours a day, 7 days a week.**

Local Donations

Food banks and charitable organizations need assistance as the request for food continues to rise.

If you are able to make a contribution, consider supporting the following local organizations and be sure to check out their wish list and order items they need.

New Jersey - local community food bank

<https://angelsoutreach.org/covid-19-help/>

Supports Greater Philadelphia area

<https://www.philabundance.org/>



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Face Masks

Face Masks are required to enter newly re-opened retail stores and many other locations. While wearing a face mask may not be entirely comfortable, please remember wearing a face mask serves a purpose for the greater good.

An article recently published by Health Affairs outlines how wearing a face mask may have prevented hundreds of thousands new COVID 19 cases in recent months. The conclusion of this article leads to the presumption that wearing a face mask in public may help reduce the virus' spread should there be a fall resurgence.

https://www.healthaffairs.org/doi/10.1377/hlthaff.2020.00818?stream=top&utm_campaign=covidfasttrack&utm_campaign=MEDIA+ADVISORY%3A+Wehby+FT+AOP+6-11-20&utm_medium=email&_hsmi=89816283&_hsenc=p2ANqtz-Lg3tP1u1fWf_efawiy2xHt5IrsYgzfJOlqTanCMee-0vzyqvz_LeJ0u05SJ_4rRD9Z0X20-35DZog0XofoSzRxQsGHg&utm_content=89816283&utm_source=hs_email&

401K PARTICIPANT SERVICES CENTER- 1 844 749 9981
NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222
GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112

Health Advocate

Don't forget to view the Health Advocate blog for insightful articles around COVID 19.

Right now the focus on newly published articles is how to cope with the stress of the unknown, as states continuing with their re-opening plans.

<http://blog.healthadvocate.com/category/covid-19/>