



# Live Well, Work Well

Employee Health Benefits Bulletin

April 2020

Mansfield Township School District

## COVID-19: Coronavirus

*Timely Tip:* Clean hands are important when fighting germs. Dirty hands spread disease. The best hand-washing technique? Watch this [short video](#) from the Centers for Disease Control (CDC).

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According to the Centers for Disease Control and Prevention (CDC), coronaviruses are common in animal species and most don't affect humans. As of now, only seven different coronaviruses are known to infect humans. Most people will be infected with at least one common human coronavirus in their lifetime.

**Symptoms** Common coronaviruses typically cause mild to moderate upper-respiratory tract illness, and those affected exhibit cold-like symptoms like headache, cough, fever, and shortness of breath. Some cases can be more severe, causing lower-respiratory tract illnesses like bronchitis or pneumonia. For the elderly, infants, and those with weakened immune systems, illness is even more dangerous.

**Diagnosis** If you're exhibiting symptoms, contact your doctor, especially if you've recently traveled

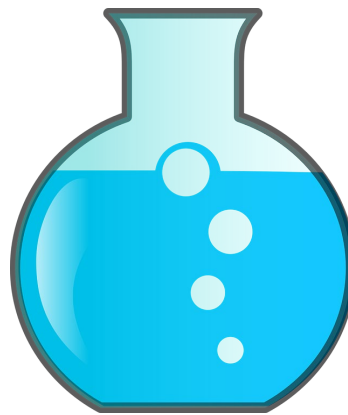
to countries with outbreaks. See the attached to learn how AmeriHealth/SHIF is supporting members at this time.

**Prevention** Most common cases of coronavirus occur in the fall and winter but can happen at any time. Currently, there is

no vaccine to protect you; because the virus is believed to be spread through person-to-person contact, the CDC advises the following:

- Avoid touching your eyes, nose, or mouth with unwashed hands
- Avoid contact with those who are sick
- Wash hands often using soap and water
- Disinfect frequently touched surfaces and objects (e.g., doorknobs, phones, countertops)

**Be Informed** See [cdc.gov](https://www.cdc.gov), our benefits website at *Staff Portal / Benefits Online*, or the attached to learn more.



## Bottled Bacteria

When is the last time you properly cleaned your reusable water bottle? Because bacteria thrive in a moist environment, your water bottle is the ideal breeding ground. Clean your water bottle, cap, and straw at the end of each day to avoid illness:

- Use the dishwasher: if your water bottle is dishwasher safe, totally disassemble and run through the dishwasher at the hottest wash / dry cycle. Be sure the bottle is completely dry before using.
- Wash with soap and water: you can effectively wash your reusable bottle by hand with hot water and soap. Dry with a paper towel or clean cloth to avoid new bacteria.



- Use hydrogen peroxide: this is a good option if you haven't washed your bottle recently. First, clean with hot water and soap; then pour ¼ cup of 3% hydrogen peroxide in the bottle, replace the lid, and shake. Rinse well and dry with paper towel or clean cloth.



## Healthy Recipe

### Quick Skillet Lasagna

#### Ingredients

- 1-1/2 c. chopped onion
- 1/2 lb. ground beef (90% lean)
- 1 14.5 oz. can tomatoes
- 3/4 c. tomato paste
- 1-1/2 c. water
- 1 tsp. garlic powder
- 2 c. egg noodles (cooked)
- 3/4 c. low-fat cottage cheese
- 1/4 c. Parmesan cheese

#### Directions

1. Brown beef and onion in frying pan; drain off excess fat.
2. Add tomatoes, tomato paste, water, and garlic powder to beef mixture.
3. Bring to a boil and simmer until sauce is thick, about 25 minutes.
4. Add noodles to the beef mixture; stir to prevent sticking.
5. Mix cheeses and drop by spoonfuls into the pan.
6. Cover and heat over low heat about 5 minutes. Serve.

*Makes: 6 servings*

## National Health Observances

### April

#### National Minority Health Month

*U.S. Department of Health and Human Services*

[minorityhealth.hhs.gov](http://minorityhealth.hhs.gov)

#### National Autism Awareness Month

*Autism Society*

[autism-society.org](http://autism-society.org)

### May

#### Skin Cancer Prevention Month

*American Academy of Dermatology*

[aad.org](http://aad.org)

#### Arthritis Awareness Month

*Arthritis Foundation*

[arthritis.org](http://arthritis.org)

#### Food Allergy Action Month

*Food Allergy Research & Education*

[foodallergy.org](http://foodallergy.org)

During this critical period, the Schools' Health Insurance Fund is committed to ensuring the health and safety of all members amidst the outbreak of Coronavirus (COVID-19). The below information has been provided by the fund's medical plan administrators and is applicable to all members enrolled in AmeriHealth, Aetna and Horizon medical plans.

## COVID-19 Testing

Member cost-sharing is waived for the COVID-19 test when performed at an in-network, approved provider. This policy will cover the diagnostic test kit for patients who meet CDC guidelines for testing. **This includes members enrolled in HSA qualified High Deductible Plans.**

## Treatment

If members have any questions about whether they should be tested, they should call a health care professional **BEFORE** making an in-person office visit. The health care professional will work with the State Public Health Department in the member's state as well as the CDC to determine if the member should be tested for COVID-19.

## Telemedicine

To help reduce potential exposure, the Schools' Health Insurance Fund also encourages members to utilize Telemedicine services. There is no member cost-share for Telemedicine services for any reason. To take advantage of this benefit, contact:

- **Teladoc (Aetna Members)** at **855.835.2362** or visit **[www.teladoc.com/Aetna](http://www.teladoc.com/Aetna)**. Members can also download the mobile app by visiting **[www.teladoc.com/mobile](http://www.teladoc.com/mobile)**.
- **MDLIVE (AmeriHealth Members)** at **888.964.0942** or visit **[www.mdlive.com/ahatpa](http://www.mdlive.com/ahatpa)**. Members can also download the mobile app by visiting **[www.mdlive.com/mobileapp](http://www.mdlive.com/mobileapp)**.
- **Horizon 24/7 Nurse Line (Horizon Members)** at **888.624.3096** or visit **[www.horizonblue.com](http://www.horizonblue.com)**.

# Update on COVID-19 (Coronavirus)



*As reported by the Centers for Disease Control and Prevention, there is currently no vaccine to prevent Coronavirus Disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to the virus. However, there are everyday preventive actions to help prevent the spread of respiratory illnesses, including:*

- *Wash hands often with soap and water for at least 20 seconds especially after you have been in a public space.*
- *If currently filling a maintenance medication at a retail pharmacy, now may be a good time to consider initiating mail order medication instead.*
- *Avoid close contact with people who are sick.*
- *Avoid touching eyes, nose and mouth.*
- *Stay home when sick.*
- *Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.*

*For the most recent updates on COVID-19, visit the CDC website at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).*