

Notice to Insureds with Employer Health Plan coverage with Insurance Management Services:

We here at IMS and IMS Managed Care have monitored the progression of the COVID-19 (Coronavirus) as it has progressed into the United States and in some cases, in our own communities. This virus has proven to be quite infectious and the number of cases is expanding rapidly. To date there is no specific treatment for the virus and there is no vaccine.

Please be aware that some persons may have a higher than normal risk for serious illness if you were infected with the COVID-19 virus (please note this list is not exhaustive, and there may be other reasons for higher risk):

- Older adults
- People who have serious chronic medical conditions like heart disease, diabetes, lung disease, and chronic kidney disease
- People with certain underlying conditions that decrease their immune system (including Cancer, chronic liver disease, cirrhosis, end stage liver disease, post liver or kidney transplant, Common variable immune deficiency, Crohn's disease and Ulcerative colitis), and/or
- People on medications that suppress the immune system (including Steroids, Prednisone, Biologic therapy, Remicade, Humira, Simponi, Cimzia, Entyvio, Stelara, Xeljanz, 6-MP, Imuran, Azathioprine, Methotrexate, Chemotherapy agents and anti-rejection medications).

If you have a higher risk for severe illness, we strongly recommend that you take the following preventive measures:

- 1) Avoid travel to any country identified as Level 3 or Level 2 ("High Risk") by the CDC for the disease (<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> for current status of each country).
- 2) Avoid contact with anyone who has traveled to a high-risk country in the last 28 days. This especially includes

close family members, who should avoid travel to those areas as well.

3) Avoid cruises and non-essential air travel, even within the United States. Especially try to avoid travel to states reporting large outbreaks (e.g. Washington State, California, & New York). This situation changes daily so please stay up to date on affected areas.

4) Avoid crowds and large gatherings (greater than 10 persons). This includes sporting events, concerts, theater, movies, and shopping malls. The sooner we are able to flatten the curve of exposures and outbreaks the sooner our communities can return to normal.

5) Ensure you have adequate supplies and food in case you have to be in isolation/quarantine. It is especially important that you have an adequate supply of any necessary medications.

6) If you must go out in public, try to keep a 6-foot distance between yourself and others, and wash your hands frequently and use an alcohol-based hand cleaner if available (at least 60% alcohol). Do not touch your face or feed yourself until you have washed your hands thoroughly.

7) Avoid public transportation and ride-sharing (Uber, Lyft, etc.)

If you are ill with a Fever, Upper respiratory symptoms, flu-like symptoms, **please contact your primary care physician or specialist.** Your PCP will likely pre-screen you before setting an appointment with you.

You may also have access to telemedicine options such as Teledoc. **If you have access to Teledoc through your employer sponsored health plan,** you may set up an account online from your mobile phone/device via:

Teledoc App: [Teledoc for iOS](#) [Teledoc for Android](#)

Teledoc website: [teledoc.com](https://www.teledoc.com)

Teledoc #: [1-800-835-2362](tel:1-800-835-2362)

If you have a fever, upper respiratory symptoms, or you believe you have the COVID-19 virus, and need testing, please contact your healthcare provider. Testing from FDA approved laboratories will be ordered by your provider.