



Healthy at Home

See how your health plan can help
during the COVID-19 pandemic

Stay home, save lives, be well

**During the coronavirus pandemic,
your health and safety remain our highest priority.**

Even though you are staying home right now, you can stay healthy, too.

Here are information and resources you — as a
CareOregon Advantage Member — can use during this time.



CareOregon®
Advantage



Testing: Fully covered

If you have symptoms of COVID-19 and your doctor recommends you get tested, you won't be charged for any of the services involved in testing. This includes the cost of the visit, associated lab tests, radiology services and clinic costs when the purpose of your visit is to be screened or tested for the virus.



Prescriptions: Get a longer supply

If you currently pick up your prescription drugs every 30 days, consider switching to a 90-day supply. You won't have to go the pharmacy as much, and you will have reduced copays. We offer mail-order delivery for many drugs covered under Part D. See your mail-order pharmacy options at careoregonadvantage.org/member-resources/find-a-pharmacy



We're here for you!

It's easy to feel lonely during this time. Don't forget — you have access to many people who are just a phone call away:

- 24/7 nurse advice line: **866-209-0905** (TTY 711).
- CareOregon Advantage Customer Service, 8 a.m. to 8 p.m. daily: **888-712-3258** (TTY 711).
- Talk to a Health Care Coordinator at CareOregon who can help you deal with issues related to your health, work with your doctors and help you navigate the health system when you feel confused or overwhelmed. Call Customer Service for more information: **888-712-3258** (TTY 711).

careoregonadvantage.org

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Gym: Stay active, even at home

Silver&Fit helps you stay fit while you're at home:

- Silver&Fit Signature Series exercise videos are available at no cost on the Silver&Fit website.
- Silver&Fit is offering live exercise classes via Facebook, Monday through Friday at 10 a.m.
- Get a wearable tracker for home workouts. You can have a Fitbit or Garmin device shipped to you at no charge. Or, you can use a \$50 credit to purchase a different device.
- A mobile app with on-demand exercise videos.
- Home fitness kits shipped to you at no charge. Choose from a selection of 35 kits.
- Healthy aging coaching: sign up for a one-on-one coaching session over the phone with a trained health coach.

Visit silverandfit.com or call **877-427-4788** (TTY 711) between 5 a.m. to 6 p.m. for details!



OTC card: Get items delivered

In addition to normal retail locations, your OTC debit card can be used to have medications, health and wellness products, first-aid supplies and other qualifying items delivered to your home at no additional cost. Orders are processed within 24-48 hours and shipments are generally delivered within three to seven business days. Here are two simple ways to buy OTC products:

- Online at nationsotc.com
- Phone at 833-SHOP-OTC (**833-746-7682**) or TTY 711

Visit nationsotc.com or call **833-746-7682** to see what items that NationsOTC will ship directly to your home.