

**Your personal responsibility and  
accountability during the COVID-19 crisis.  
Only you can take care of you!**

- **Wash your hands**
- **Stay 6 feet away from your coworkers**
- **Wash your hands**
- **Don't touch your face**
- **Wash your hands**
- **Clean your work area before and after work**
- **Wash your hands**
- **Don't eat or have food at your workstation**
- **Wash your hands**
- **Change your clothes and shoes when you  
return home after work**
- **And of course.....wash your hands....**

If you are sick or show symptoms of the COVID-19 (or other illness), do not come to work. Call the attendance line and follow the CDC guidelines.

- Cough
- Fever
- You can use the CDC.gov website and contact via chat with a Coronavirus Self-Checker
- Tiredness
- Shortness of breath

You can use the Telemedicine service available through Anthem –

### Now you can get the health care you need without all the hassle

Have a health question? Feeling under the weather? With LiveHealth Online, you don't have to deal with scheduling an appointment or long wait times at the urgent care center. In fact, you don't even have to leave your home or office. Using LiveHealth Online, you can see a doctor who can answer questions, make a diagnosis, and even prescribe basic medications, when needed.<sup>2</sup>

With LiveHealth Online, you get:

- Immediate doctor visits through live video.
- Your choice of board-certified doctors.
- Help at a cost of only \$49 per visit, subject to deductible and coinsurance.
- Private, secure and convenient online visits.

#### What are the qualifications of the doctors you see using LiveHealth Online?

- Board-certified.
- Average 15 years practicing medicine.
- Mostly primary care doctors.
- Specially trained for online visits.

#### When can you use LiveHealth Online?

As always, you should call 911 with any emergency. Otherwise, you can use LiveHealth Online whenever you have a health concern and your own doctor isn't available. Doctors are available every day of the year. Some of the most common uses include:

- Cold and flu symptoms such as a cough, fever and headaches
- Allergies
- Sinus infections and more!

#### Start a conversation now

Just sign up for free at [livehealthonline.com](https://livehealthonline.com) or on the app, and you're ready to see a doctor.

**No appointments. No waiting. See a Spanish-speaking doctor now using Cuidado Médico on LiveHealth Online.**

También puedes ver a un doctor que habla español usando la aplicación móvil de LiveHealth Online. Doctores que hablan tu idioma están listos para verte todos los días de 7 a. m. a 11 p. m. Solo ajusta las preferencias de idioma en tu teléfono móvil o tableta y selecciona "Cuidado Médico" después de iniciar sesión en LiveHealth Online. ¡Inscríbete hoy mismo!

Sign up for LiveHealth Online today!

It's quick and easy to sign up just go to [livehealthonline.com](https://livehealthonline.com) or download the mobile app.



### When to Seek Medical Attention

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.