

OPERATING ENGINEERS LOCAL 139

HEALTH BENEFIT FUND

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From the Board of Trustees of the Operating Engineers Local 139 Health Benefit Fund Corona Virus – COVID19 Update

As you know the information is changing on an hourly basis about the COVID19 strain of the Corona Virus. Below are some common tips from the Centers for Disease Control (www.cdc.gov) and information about resources from the Health Fund. Be careful to get your information and updates from reliable news sources and the CDC. Health Fund updates will be posted on the Health Fund's web site at www.iuoe139healthfund.org.

Steps to Prevent Illness

- Wash your hands regularly with soap and water for at least 20 seconds
- If soap and water are not available, use hand sanitizers that contain at least 60% alcohol
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces daily

What To Do If You Are Sick

- The CDC states symptoms are fever, cough, and shortness of breath. Access their website at www.cdc.gov for more information on prevention and what to do if you are sick.
- Stay home if you are sick, except for getting medical care. Talk to your employer or union and keep communication open if you are unable to report to work.
- Stay away from others as much as possible, including your pets. Try to stay in a specific room away from other people in your home.
- Avoid public areas and public transportation.

Health Fund Benefits

- Feeling sick and you don't want to go to an urgent care or emergency room? You can receive a telemedicine doctor's appointment from your home using LiveHealth OnLine. Visits are covered 100% by the Health Fund. When you enroll, use the ID number on your Anthem ID card including all 6 letters and 6 numbers. To access LiveHealth OnLine from your computer go to www.livehealthonline.com or download the app to your smart phone.
- Feeling stressed or anxious about this virus, contact the Anthem EAP Program for up to 5 free counseling sessions over the telephone. The web site is www.anthemEAP.com or call 800-865-1044. The Health Fund's Company Code is **OE Local 139** to access this service.

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