

COVID-19 Information

March 10, 2020

MINNETONKA, MN (March 9, 2020) – UnitedHealth Group (NYSE: UNH), UnitedHealthcare and Optum are taking action to ensure health plan members and patients affected by COVID-19 have the support and resources they need.

“Our top priority is the health and wellbeing of our members and patients – and the safety of those who deliver care,” said Dr. Richard Migliori, chief medical officer, UnitedHealth Group. “While the situation is dynamic, we are committed to adapting and supporting those we serve.”

Given the recent developments and extensive news coverage about COVID-19, we understand the heightened concerns of our key stakeholders. We have a team of experts actively engaged in and closely monitoring COVID-19. While the situation is dynamic, we do expect more cases of COVID-19 to be diagnosed, much like other epidemics such as the flu, H1N1 and others that we have experienced over the last 15 years. Based on the clinical evidence we are seeing, it is important to know that 80 percent of those affected by COVID-19 have exhibited mild symptoms or have shown no symptoms. Like the seasonal flu, the COVID-19 infection is more severe in patients who already have a chronic underlying health condition, as well the elderly (for context, influenza – or the common flu – has infected as many as 45 million Americans since October and resulted in more than 45,000 deaths so far, according to the CDC).

We will continue to keep close track of the clinical data from the CDC and other sources and are prepared to support those we serve, irrespective of how this virus evolves.

- We are following all guidance and protocols issued by the U.S. Centers for Disease Control and Prevention (CDC), state and local public health departments – and any specific in-country guidance issued by those health authorities – in supporting our members’ needs.

What we are doing

Access to Medical Care, Coverage

- Members who feel like they may have been exposed to COVID-19 are being advised to immediately call their provider. To find a network provider they can visit www.uhcsr.com/MyAccount or their UHCSR mobile app.
- We will continue to monitor for any State regulatory guidance that pertains to coverage.

Additional Support

- We are encouraging members to take advantage of our **Virtual Visit*** capability, available through the HealthiestYou mobile app, or for more information through their www.uhcsr.com/MyAccount. UHCSR insureds have access at no charge, when included with their UHCSR medical plan, or at a \$40 copay otherwise.
- Optum is opening its **Emotional-Support Help Line**, providing access to specially trained mental health specialists to support people who may be experiencing anxiety or stress following the recent developments around COVID-19. Optum's toll-free help line number, 866-342-6892, will be open 24 hours a day, seven days a week, for as long as necessary. The service is free of charge and open to anyone.

The following information is meant to specifically address administration questions for UHCSR policies. As mentioned above, all responses are at this point in time and we will continue to monitor.

Claims FAQ

- **Laboratory Procedure:**
Q: Will testing be covered for COVID-19?
A: Yes and member cost sharing will be waived, including copays, coinsurance and deductibles, for COVID-19 diagnostic testing provided at approved locations in accordance with CDC guidelines.
- **Ambulance Services:**
Q: Would this service be a covered benefit?
A: If an ambulance service is used, the claim will be paid same as any other sickness subject to normal policy provisions and limitations.
- **Polices with referral requirement:**
Q: Will the referral requirement apply?
A: The referral provision will be waived for COVID-19 tests and/or treatment. In the event a claim is denied for no referral, it can be appealed for reconsideration.
- **Exclusions and Limitations:**
Q: Are there any excluded charges if a student is hospitalized with the potential Coronavirus?
A: All services rendered will be subject to normal policy provisions and limitations.
- **Isolation Care:**
Q: Does UHCSR offer any provisions for students who have to be isolated?
A: The student insurance policy can be used when the covered member is being treated for an illness or injury. The insured person must be treated by a licensed, board certified or board eligible physician qualified to practice in the area of medicine. All services are subject to normal policy provisions and limitations.



New Coronavirus Outbreak Resources

Because the health of our members and the safety of those who deliver care are our top priorities, we're keeping up-to-date on the 2019 Novel Coronavirus (2019-nCoV) and want to share that information with you.

For the latest news and guidance on the virus, please visit the [Centers for Disease Control and Prevention \(CDC\)](#).

Coverage for UnitedHealthcare Members

UnitedHealthcare will cover diagnostic testing and supportive care according to the member's health plan benefits. Right now, there is no specific treatment or vaccine for 2019-nCoV and diagnostic testing is only conducted at CDC labs.

We'll work with and follow the guidance and protocols issued by the CDC, as well as state and local public health departments.

For More Information

Care providers can connect to the latest [CDC guidance for health professionals](#), as well as travel advisories from the [U.S. State Department](#) or the [CDC](#).

If you have any questions about working with UnitedHealthcare to deliver care to members potentially affected by the virus, please contact your Provider Advocate or Network Representative. Thank you.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Health plan coverage provided by UnitedHealthcare of Arizona, Inc., UHC of California DBA UnitedHealthcare of California, UnitedHealthcare Benefits Plan of California, UnitedHealthcare of Colorado, Inc., UnitedHealthcare of the Mid-Atlantic, Inc., MAMSI Life and Health Insurance Company, UnitedHealthcare of New York, Inc., UnitedHealthcare Insurance Co. of New York, UnitedHealthcare of Oklahoma, Inc., UnitedHealthcare of Oregon, Inc., UnitedHealthcare of Pennsylvania, Inc., UnitedHealthcare of Texas, Inc., UnitedHealthcare Benefits of Texas, Inc., UnitedHealthcare of Utah, Inc., UnitedHealthcare of Washington, Inc., Optimum Choice, Inc., Oxford Health Insurance, Inc., Oxford Health Plans (NJ), Inc., Oxford Health Plans (CT), Inc., All Savers Insurance Company, or other affiliates. Administrative services provided by OptumHealth Care Solutions, LLC, OptumRx, Oxford Health Plans LLC, United HealthCare Services, Inc., or other affiliates. Behavioral health products provided by U.S. Behavioral Health Plan, California (USBHPC), United Behavioral Health (UBH), or its affiliates.

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StudentResources
1311 W. President George Bush Hwy
Richardson, TX 75080
1-800-767-0700

January 31, 2020

UnitedHealthcare Responds to Novel Coronavirus (2019 nCoV)

UnitedHealthcare is closely monitoring the Novel Coronavirus – or 2019-nCoV – that originated late last year in central China.

The new virus was officially reported by the World Health Organization on Jan. 9. The virus, which has symptoms similar to a respiratory illness including fever, cough, and shortness of breath – and in some cases can cause death – is being closely monitored by world health officials. So far, cases have been reported across parts of China and several other countries, including a small number of confirmed cases in the United States.

Following CDC Guidance

The health and wellbeing of our members is a top priority. In addition, the safety of those who deliver care – physicians, clinicians and nurses – is also a key concern. As with any public health issue, UnitedHealthcare will work with and follow all guidance and protocols issued by the U.S. Centers for Disease Control and Prevention (CDC), state and local public health departments in supporting our members' needs.

At present, there is no specific treatment or vaccine for 2019-nCoV and diagnostic testing for the virus is currently conducted only at CDC labs. Supportive care for affected individuals may include hydration, supplemental oxygen or mechanical ventilation for severe illness. Diagnostic testing and supportive care will be covered per the member's health plan benefits.

For More Information

UnitedHealthcare is providing the following resources and tools to help you stay informed:

- We recommend members visit the [CDC website](#) to learn more about the disease, FAQs and the latest CDC guidance and protocols.
- If individuals have additional health related questions, we recommend they contact their Student Health Center, primary care, or Healthiest You telehealth service.
- Members who plan to travel should visit the [U.S. State Department](#) website or the [CDC website](#) for additional travel related information and limit non-essential until more is known about the new coronavirus.

Until there are more answers, people are advised to follow good prevention practices, including:

- Frequently wash your hands with soap and water for 20 seconds or use of alcohol-based hand sanitizer if soap and water are not available
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact or sharing cups, eating or writing utensils with others
- Clean and disinfect frequently touched surfaces, including your phone or computer
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash

Stay home and away from public places if you are sick and call your primary care provider for advice



What you need to know about **coronavirus**

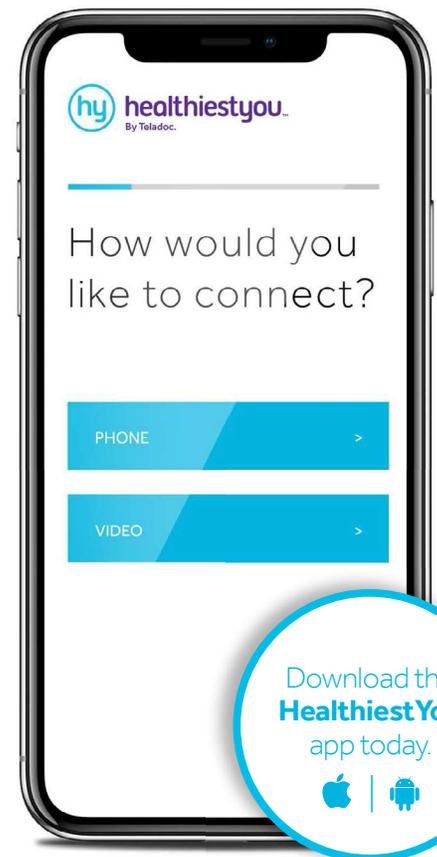


Be your **Healthiest You**



Coronavirus (2019-nCoV) is a respiratory illness caused by a virus that was first identified in China. It is highly contagious and includes symptoms like fever, cough, and shortness of breath. The risk in the U.S. is currently low, but knowing how to protect yourself is key. Here are three tips:

- 1 Keep it clean**
Clean your hands with soap and water for 20 seconds after touching surfaces in public areas, and especially if you are around someone who isn't feeling well. Also, clean and disinfect frequently touched objects.
- 2 Avoid contact with sick people**
Avoid close contact with people who are sick and avoid traveling to locations where there are outbreaks of the coronavirus. And if you get sick, stay home to avoid spreading the virus to others.
- 3 Contact HealthiestYou**
There is no cure for coronavirus, but if you have symptoms of the virus, contact HealthiestYou and our doctors can evaluate your risk and help with next steps when necessary.



Get relief today for free.

Visit telehealth4students.com | Call 855-870-5858

For non-covered students, visits are \$40. Access these benefits and more at uhcsr.com/myaccount.

Coronavirus

Frequently Asked Questions

What is coronavirus?

Coronavirus (2019-nCoV) is a respiratory illness caused by a virus that was first identified in China and it is highly contagious. The virus can be similar to the common cold, but some cases are more severe and could potentially be life-threatening.

What are the symptoms?

The most common symptoms are fever, cough, and shortness of breath, but occasionally symptoms are more severe. If you develop these or any flu-like symptoms, contact HealthiestYou to talk about your symptoms, travel history, and recent contact with anyone who may be infected with the virus.

What is the current risk in the U.S.?

While the risk outside China is currently low, additional cases have been identified in a growing number of other international locations, including the U.S. It is likely that person-to-person spread will continue, so more cases are expected to be identified.

How is coronavirus spread?

The virus can spread from person to person primarily through coughing and sneezing. Washing hands, cleaning commonly touched surfaces, and avoiding sick people are the best ways to prevent the illness from spreading.

How do I know if I'm at risk of contracting coronavirus?

You may be at greater risk if you have recently traveled to regions where there are currently outbreaks of the virus or if you come into contact with someone who has the virus. Symptoms typically appear within 2 to 14 days after exposure.

Is there a vaccine?

There is no vaccine for coronavirus at this time.

What should I do if I think I have coronavirus?

Because it is a virus, there is no cure, but HealthiestYou doctors can evaluate your risk and help with next steps when necessary. If it is determined that you have a different virus, our doctors can provide support to help relieve your symptoms.

Get relief today for free.

Visit telehealth4students.com | Call 855-870-5858

For non-covered students, visits are \$40. Access these benefits and more at uhcsr.com/myaccount.



Coping with a public health event

Coronavirus

If you turn on the TV, pick up a newspaper or go on the Internet, you'll likely hear news about the Coronavirus outbreak. The new virus was officially reported by the World Health Organization (WHO) on Jan. 9. Coronavirus has symptoms similar to a respiratory illness, including fever, cough, and shortness of breath – and in some cases can cause death. So far, cases have been reported across parts of China and several other countries, including a small number of confirmed cases in the United States.

While people may be impacted in different ways, there are several support resources available to you.

Optum is offering a free emotional support help line for all individuals impacted.

Additionally, there are several coping and disaster tools and resources available to you on [liveandworkwell.com](https://www.liveandworkwell.com).

Public Crisis Line: Our toll-free emotional support help line at **(866) 342-6892** is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. It will be open 24 hours a day, seven days a week.

What You Need to Know

- At the present, there is no specific vaccine to prevent Coronavirus (2019-nCoV).
- The CDC does not recommend the use of facemasks for the general public to prevent the spread of 2019-nCoV.
- If you are concerned that you may have been exposed to 2019-nCoV, contact your healthcare provider and monitor your health for 14 days from the last possible exposure.
- If you have traveled to China or were in close contact with someone with 2019-nCoV and begin to feel sick with fever, cough, or difficulty breathing within 14 days, seek medical care right away. Call ahead and tell them about your recent travel and symptoms. Avoid contact with others and follow preventive practices as outlined below
- There is no specific treatment for 2019-nCoV. If you become infected, you will receive supportive care to help relieve symptoms.
- If you are sick with 2019-nCoV, you can prevent the spread of the virus by following the steps listed on the **What to Do if You are Sick** page of the CDC website.
- You can stay current with the most up-to-date information by visiting the **2019 Novel Coronavirus** page on the CDC website.

What You Should Do

To help protect yourself and your loved ones, follow good prevention practices, including:

- Hand washing with soap and water for at least 20 seconds or use of alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact or sharing cups or eating utensils with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Cover your nose and mouth with a tissue when you cough or sneeze then throw the tissue in the trash.

Source: U.S. Centers for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Recommended Public Health Resources:

U.S. Centers for Disease Control and Prevention (CDC) – <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization (WHO) – <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

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*Need a
little help?*

*You are not
alone.*



Confidential

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Convenient

39%

According to American College Health Association's 2017 survey, **39% of college students** report feeling so depressed that it was difficult to function and 1 in 5 are diagnosed or treated for anxiety.

Through BetterHelp, a national virtual counseling service, you can get the help you want, the way you want it. Starting on the effective date of your policy, you have access to Psychologists (PhD / PsyD), Marriage and Family therapists (LMFT), Clinical Social Workers (LCSW) and Licensed Professional Counselors (LPC). These professional licensed counselors will be available to you via ongoing text communications, live chat, phone, video or groupinars.

When you first visit the counseling website, you will be asked to register and complete a questionnaire that will request your UHCSR insurance information on your ID card, emergency contacts and your goals for accessing the service. The questionnaire will also ask you for counselor preferences (gender, specialty, etc.) to ensure you are matched with a practitioner that can help you meet your goals. Within 24 hours after completing the questionnaire, you will be contacted by a counselor to schedule an appointment and decide on a communication method that best suits your needs.

As an insured with **StudentResources**, there is no consultation fee for this service. Every communication with a BetterHelp counselor is covered 100% during your policy period.

Insureds must register at www.counseling4students.com to use BetterHelp services.

Non-insureds can now access BetterHelp, by clicking on "Get Started" and selecting "Registering for paid account".

