HealthFlex and Health-Related Resources

HealthFlex/WebMD Website

For all HealthFlex Plans:

- COVID-19 testing will be covered at 100% by both BlueCross BlueShield and UnitedHealthcare, as required by law.
- COVID-19 Treatment at an in-network provider will be covered at 100% by HealthFlex through December 31, 2020.
- MDLIVE telemedicine visits will be covered at 100% by HealthFlex through December 31, 2020. Call MDLive at 1-888-750-4991 or visit MDLIVE.com.

This applies to all plans, including HSA plans. Deductible does not need to be met before 100% coverage applies.

Prescription drug refills through OptumRx

- OptumRx has allowed you and your covered dependents an early refill of prescription medications if there are refills remaining on file at a participating retail or mail-order pharmacy. You should contact your provider if you do not have any refills remaining.
- The refill obtained will stay consistent with the standard days supply previously filled as allowed by your plan (e.g., 30 or 90 day supply).

EAP Counseling

Don’t forget, HealthFlex offers up to 8 visits of virtual EAP counseling at no cost to you and your covered dependents. We encourage you to reach out and talk to someone if you are feeling anxious or stressed.

Optum Public Crisis Line – 1-866-342-6892, 24 hours a day, 7 days a week. This number is free of charge and available to anyone, so you can share it with family and friends. Caring professionals will connect people to resources. Visit Optum online.

Reimbursement for over-the-counter medications will now be allowed by HealthFlex accounts without a prescription, as permitted by the CARES Act. Additionally, menstrual care products were also added to the category of reimbursable items from these accounts. This applies to health reimbursement arrangements (HRAs), health flexible spending accounts (FSAs), and health savings accounts (HSAs).
The following mid-year changes to FSAs are now permitted:

- Electing, revoking or increasing/decreasing health flexible spending arrangements (health care FSAs)
- Electing, revoking or increasing/decreasing dependent care assistance programs (dependent care FSAs)

If your dependent care needs have changed such that you no longer believe you will spend your full election and/or you need additional funds for dependent care, please contact your plan sponsor and/or the Wespath Health Team to determine whether you may be able to update your election. Changes must be prospective and no less than what has been contributed and reimbursed.

Using Dependent Care Flexible Spending Account (DCFSA) Funds for Virtual Events

In lieu of needing in-person childcare when schools and camps may be closed or have restricted availability, there are other ways you can make use of the funds in your DCFSAs.

Some activities a child takes part in from home, such as a virtual day camp or educational events, may be eligible for payment through the DCFSA.

Examples include but are not limited to "Live" (i.e. Zoom) sessions that engage the child for a set period such as:

- Interactive Story Time
- Science Experiments and Discussion
- Arts and Crafts Sessions
- Instructional Physical Activity

To find out whether a particular event is covered, contact WageWorks at 1-877-924-3967.

Weight Watchers (WW)

All Weight Watchers (WW) workshops will transition to virtual workshops. These will continue for the foreseeable future. Members will be contacted directly.

Other Wellness Programs

Deadlines for Blueprint for Wellness® and HQ have been extended to September 30. Quest has implemented increased health and safety procedures to limit exposure risk during the COVID-19 pandemic. HealthFlex has implemented an at-home Qcard* option for individuals who may not have access to an onsite event or local laboratory, or who do not feel comfortable attending a screening in person. Take your HQ now for tips and resources for staying healthy during this time and to avoid a higher deductible on your 2021 health plan.

WebMD Health Coaches are available to provide tips and insights to help achieve your wellness goals when access to healthy food and exercise spaces may be limited and stress may be higher.

Virgin Pulse will offer daily cards and healthy habit challenges relevant to COVID-19.
*Qcard is not available to residents of New York.*

**Coronavirus Facts**

[Coronavirus and What It Means](#) from BlueCross BlueShield of Illinois
[Coronavirus 2019 (COVID-19): What you need to know](#) from UnitedHealthcare

**Important Health Websites**

[Centers for Disease Control and Prevention (CDC)](#)
[World Health Organization (WHO)](#)