

Reminder - Benefits and Wellness Resources for COVID-19 (Coronavirus)

UnitedHealthcare Covers COVID-19 Testing

The City of Tampa UnitedHealthcare plan covers approved and authorized COVID-19 testing, and will waive member costs including copayments, coinsurance and deductibles.

UnitedHealthcare Virtual Visits-Talk with a doctor by phone or video 24/7

Virtual Visit physicians will follow established guidelines for members who think they may have been infected by COVID-19. Phone or video Virtual Visits are available, even if you regularly treat at one of the City of Tampa Wellness Centers. ***The City will waive the \$15 patient copayment for Virtual Visits.*** For more details, and to schedule a Virtual Visit, you can log in to www.myuhc.com, click on [Virtual Visits](#) or call UnitedHealthcare member services at 1-833-760-7892.

BayCareAnywhere

The [BayCareAnywhere](#) program also offers 24/7 telemedicine visits, and is covered by the City's UnitedHealthcare plans. The normal primary care copay of \$30 will apply to BayCareAnywhere visits.

UnitedHealthcare Member Service Representative is Available

Bryant Roperto, the City's UnitedHealthcare on-site representative, can also assist. Bryant can be reached at 813-274-8279 or COTonsiteRep@uhc.com or you may call UHC Customer Care at 1-833-760-7892.

City of Tampa CareATC Wellness Centers

Both City Wellness Centers are available to assist patients for needed services, including the COVID-19 virus. If you believe you have been exposed to or have COVID-19 symptoms contact the Patient Access Center at 800-993-8244 to schedule a telephonic or virtual appointment. There is never a patient charge when using one of the City Wellness Centers. *To protect other patients and staff, all walk-in appointments at the wellness centers are suspended until further notice.*

UnitedHealthcare EAP-Live and Work Well

UnitedHealthcare offers a wide range of support to help you stay up to date with, and cope with COVID-19 as part of the City's EAP, **Live and Work Well**. Any employee, even if not covered by the City health plan, can access **Live and Work Well**. Click on [Live and Work Well Website](#) and register as a guest, using the **access code Tampa**.

Live and Work Well has a toll-free emotional support line at (866) 342-6892, free of charge and available to anyone. Caring professionals will connect people to resources 24 hours a day, seven days a week.

Did You Take The Quizzify Coronavirus Quiz!

Details are attached, and you can take the quiz here [City of Tampa Quizzify](#)

Other Things You Need to Know

Watch for symptoms

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

Practice social distancing

Keeping away from persons as much as possible can protect you and others. Try to keep a distance of 6 feet from those you are interacting with and avoid handshakes and other touching.

If you have symptoms?

Contact your primary care physician or the patient access center for the City Wellness Centers immediately. Your physician will advise you on next steps, including whether you need to be tested. Avoid going directly to your physician so that other persons are not infected.

If you are sick with Corona Virus symptoms, stay home except to get medical care

- Stay home: People who are mildly ill with COVID-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care.
- Avoid public areas: Do not go to work, school, or other public areas.
- Avoid public transportation including ride sharing and taxis.
- Stay away from others, even within your own home.

Steps you can take in your home or workplace

- Wash your hands often with soap and water for at least 20 seconds
- If unable to wash hands use hand sanitizers with at least 60% alcohol content
- Sanitize tables and counters at home, workstations on the job, door handles and phones
- Many City worksites have hand-sanitizer stations and access to wipes. Ask your supervisor.

Visit the City of [Tampa Corona Disease \(COVID\) Information Website](#) for details, frequently asked questions, and information on resources.