



## Coronavirus/COVID-19: Vermont Orders Testing at No Cost

Coronavirus, or COVID-19, has continued to spread in the U.S. BCBSVT and VEHI are carefully monitoring the situation and following the recommendations of the Vermont Department of Health and the Center for Disease Control.

### **Effective immediately through May 5, 2020:**

The Vermont Department of Financial Regulation (DFR) has directed all Vermont insurers to cover the cost of the COVID-19 testing at 100%. Therefore, effective immediately, VEHI will cover COVID-19 testing performed by the Centers for Disease Control (CDC), the Vermont Department of Health (VDH), or a laboratory approved by CDC or VDH, **with no co-payment, coinsurance, or deductible requirements**. This coverage includes in-network provider office or urgent care visits and emergency services visits to **test** for COVID-19.

If in-network providers are unavailable to conduct testing for COVID-19, VEHI will cover out-of-network testing on the terms outlined above. This is consistent with Department Regulation rule 2009-03.

All other services are subject to cost-sharing.

**Once again, this directive is effective immediately and remains in effect until May 5, 2020 unless extended by the Commissioner of the Department of Financial Regulation.**

To view the full DFR order, click [here](#).

Should you have any benefit-related questions, please contact the BCBSVT customer service team at 1-800-344-6690, Monday - Friday, 7:00 a.m. to 6:00 p.m.

Please find links to additional information about COVID-19 below:

- <http://www.bcbsvt.com/health-and-wellness/coronavirus-update/>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/about/symptoms.html>
- <https://www.healthvermont.gov/response/infectious-disease/2019-novel-coronavirus>

This email was sent to Superintendents, School Board Chairs, School Business Officials, Human Resources, Local Union Officials and other Health Plan contacts.

## Hand-washing Technique



# Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



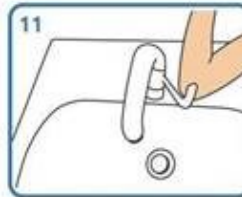
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



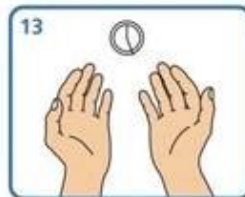
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds



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Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*



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