Insurance Information (COVID-19)

Medical Insurance:

**Empire Coverage:** Bard College, in partnership with Empire, is waiving the co-pay cost for the COVID-19 test to members on the PPO High, PPO Low plan and the EPO HSA.

**Tele-Health Coverage:** Members have access to LiveHealth Online, a national telehealth provider that provides patients with 24/7 access to a network of board-certified doctors, pediatricians and licensed therapists that can treat many emergency conditions, including providing behavioral health services via a computer, tablet or mobile device. Secure and private chats are available. Prescriptions can be sent by your provider to a pharmacy if needed. Sign up at: [livehealthonline.com](http://livehealthonline.com). Co-pays are temporarily waived. Please see attached flyer.

Employee Assistance Plan:

**ComPsych Guidance Resources:** ComPsych Guidance offers resources to assist our faculty and staff as we all navigate the unique challenges related to COVID-19. In particular, ComPsych is providing resources to support employees and leaders in reducing the risk for illness, tending to the needs of loved ones while remaining focused and productive with work responsibilities. Learn how ComPsych Guidance Resources can help: [How Your EAP Can Help](#).

**Call:** 800-272-7255, TDD: 800.697.0353
Your toll-free number gives you direct, 24/7 access to a GuidanceConsultantSM, who will answer your questions and, if needed, refer you to a counselor or other resources.

**Online:** [guidanceresources.com](http://guidanceresources.com), **Web ID:** COM589
Log on today to connect directly with a Guidance Consultant or to browse articles, podcasts, videos and other helpful tools. 24/7 Support, Resources & Information is available.

Some Coronavirus specific resources include: [Coronavirus Webinar-Coping with Uncertainty](#), the benefits of taking [A Relieving Break](#), and Navigating Your Work From Home Transition Due to the Coronavirus.

Federal, State and Local Resources (COVID-19):

- **Center for Disease Control and Prevention**
  - [Coronavirus (COVID-19)](#)
  - Information for People at Higher Risk and Special Populations
  - Cleaning And Disinfecting Your Home
  - Travel Guidance & Resources

- **U.S. Department of State Travel Advisory Website**
  - [travel.state.gov](http://travel.state.gov)
New York State Resources

Resources include:
- Getting tested for the virus
- Paid Sick Leave
- Unemployment Benefits
- Free Mental Health Services
- Mortgage relief for 90 days and a moratorium on evictions; waiving of bank fees
- Utilities will postpone increases
- Prohibition on price gouging

Local County Information & Resources (COVID-19):

Community Resources include:
- Local Programs and Services
- Frequently asked questions
- Day Care Recommendations
- Food Pantry or Meal Resources
- Food Delivery Resources

Columbia County Resources
Dutchess Responds
Greene County Resources
Orange County Resources
Putnam County Resources
Ulster County Resources

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.