

California's Health Plans Are Doing Our Part to Keep People Safe From Coronavirus (COVID-19)

Coronavirus COVID-19 Information and Resources

California's Health Plans are Actively Addressing the Prevention, Testing/Screening and Treatment of Coronavirus (COVID-19)

With everything from the first shelter-in-place order to being one of the earliest states to call for the closure of bars, wineries, nightclubs and restrictions on restaurants, California is on the frontline of America's Coronavirus (COVID-19) response effort with some of the tightest restrictions in the nation. Consequently, California's Health Plans are taking constant, daily action to meet the health care needs of our members during this crisis including waiving medically necessary health care costs for screening and testing, and ensuring coverage for the treatment of Coronavirus (COVID-19).

The following is an overview of what Health Plans are currently doing, along with a comprehensive list of websites, links, and information related to the prevention, treatment, and testing of Coronavirus (COVID-19).

Here's the Current Status in California

- **March 22, 2020:** President Trump approved a request from Governor Newsom to [declare a major disaster](#) and for the federal government to provide "mass care," emergency aid, unemployment assistance and disaster legal services. The president said the Federal Emergency Management Agency would ship mobile hospital units to California within the next 48 hours. The state is in line to get eight of these units, for a total of 2,000 beds.
- **March 19, 2020:** Governor Gavin Newsom issued ["shelter-in-place" for the entire state of California](#), directing all Californians to stay at home. This is the first mandatory state-wide restriction, which impacts all 40 million residents in the state's fight against the coronavirus.
- **March 13, 2020:** President Trump declared a [national emergency](#) concerning the outbreak.
- **March 4, 2020:** Governor Newsom proclaimed a [state of emergency](#) to help prepare for the broader spread of COVID-19.

Health Plans are Working with Local, State and Federal Officials to Ensure People Have Coverage For and Access to Testing

Health plans are complying with the [Department of Managed Health Care](#), the [California Department of Health Care Services](#), and the [California Department of Insurance's](#) directives on measures that health plans must take with regard to COVID-19, including:

- **Waiving all cost sharing** for enrollees for screening and testing of COVID-19
- Ensuring enrollees have **timely access to care** as required by law



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- Covering all medically necessary emergency care, **no prior authorization required** by an in-network or out-of-network provider
- Proactively working with contracted providers to expand **telehealth services** when medically appropriate as a means of limiting enrollees' exposure to infection.

The California Association of Health Plans shares the commitment of America's Health Insurance Plans (AHIP) in the following ways:

- Working with public and private sector partners to implement solutions so out-of-pocket costs are not a barrier to people seeking testing for, and treatment of COVID-19.
- Partnering with doctors, hospitals, and other care providers to ensure that effective treatment is available for those who are infected.
- Educating and informing the people we serve on the most effective ways to prevent the spread of this disease.

Resources

- [AHIP's COVID-19 Frequently Asked Questions](#)
- [How Health Insurers Are Responding to Coronavirus COVID-19](#)

California Health Plans COVID-19 Information

[Aetna, A CVS Health Company](#)

[AIDS healthcare foundation](#)

[Alameda Alliance for Health](#)

[Alignment Health Plan](#)

[Anthem Blue Cross](#)

[Aspire Health Plan](#)

[Blue Shield of California](#)

[Blue Shield Promise](#)

[Cal Optima](#)

[CalViva Health](#)

[CenCal Health](#)

[Central California Alliance for](#)

[Health](#)

[Chinese Community Health Plan](#)

[Cigna](#)

[Community Care Health Plan](#)

[Contra Costa Health Plan](#)

[Health Net](#)

[Health Plan of San Joaquin](#)

[Health Plan of San Mateo](#)

[Inland Empire Health Plan](#)

[Inter Valley Health Plan](#)

[Kaiser Permanente](#)

[Kern Family Health Care](#)

[L.A. Care Health Plan](#)

[Molina Health Care](#)

[On Lok Lifeways](#)

[Oscar](#)

[Partnership Health Plan of](#)

[California](#)

[San Francisco Health Plan](#)

[Santa Clara Family Health Plan](#)

[SCAN Health Plan](#)

[Scripps Health Plan](#)

[Seaside Health Plan](#)

[Sharp Health Plan](#)

[SIMNSA](#)

[Sutter Health Plus](#)

[United Health Care](#)

[United Health Care Community](#)

[Plan](#)

[Valley Health Plan](#)

[Ventura County Health Care](#)

[Plan](#)

[WellCare Health Plans](#)

[Western Health Advantage](#)



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Latest Guidance About COVID-19 From Public Health Officials

- [California Department of Public Health](#): Up-to-date information about the spread of COVID-19.
- [Statewide COVID-19 Clearinghouse](#): Resources from state agencies, departments, and local resources.
- [California Department of Public Health Latest News Releases](#)
- [California Department of Public Health Guidance Documents](#)
- [California Office of Emergency Services](#)
- [Centers For Disease Control and Prevention \(CDC\)](#)
- [World Health Organization](#)

What is COVID-19?

Coronaviruses are a large group of viruses that are common among animals and humans. This novel coronavirus that causes COVID-19 is a newly discovered coronavirus that has not been previously detected in animals or humans. The source of this virus is not yet known.

What are the Symptoms of COVID-19?

According to a report from the [World Health Organization](#), of those that contracted the coronavirus, 87.9% had a fever or a dry cough (67.7%), or both. However, [Dr. Lee Atkinson-McEvoy](#), a pediatric doctor at U.C. San Francisco, warns that "Even in coronavirus, [we're] seeing people who have milder disease, so just a cough and runny nose, but no fever. Some people who test positive are asymptomatic, meaning no symptoms at all."

What Should You Do If You Think You're Sick?

Call Ahead! If you are experiencing symptoms of COVID-19, and may have had contact with a person with COVID-19 or recently traveled to countries with apparent community spread, call your health care provider or [local public health department](#) first before seeking medical care so that appropriate precautions can be taken. Contacting them in advance will make sure that people can get the care they need without putting others at risk. Please be sure to tell your health care provider about your travel history. There is currently no specific antiviral treatment for COVID-19. People should receive care from their doctor to relieve symptoms.

Who is at Higher Risk for Serious Illness from COVID-19?

According to the California Department of Public Health, early information out of China, where COVID-19 first started, shows that some people are at higher risk of getting very sick from this illness. This includes:

- Older adults
- Individuals with compromised immune systems
- Individuals who have serious chronic medical conditions like: Heart disease, Diabetes, Lung disease



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Is California Testing for COVID-19?

According to the California Department of Public Health, twenty-two public health labs in California are testing samples for COVID-19. These labs include the California Department of Public Health's Laboratory in Richmond, Alameda, Contra Costa, Humboldt, Long Beach, Los Angeles, Monterey, Napa-Solano-Yolo-Marin (located in Solano), Orange, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, San Joaquin, San Luis Obispo, San Mateo, Santa Clara, Shasta, Sonoma, Tulare and Ventura County public health laboratories. The Richmond Laboratory will provide diagnostic testing within a 48-hour turnaround time. More public health labs will soon be able to test samples for COVID-19. This means California public health officials will get test results sooner, so that patients will get the best care.

How Do I Limit the Spread of COVID-19?

According to the [California Department of Public Health](#), there are important steps to take to prevent the spread of all respiratory viruses.

Do

- Stay home
- Wash hands with soap and water for at least 20 seconds
- Cover your cough/sneeze with a tissue or into your elbow
- Clean and disinfect frequently touched objects and surfaces as well as your hands
- Use alcohol-based sanitizer

Don't

- Shake hands
- Touch your face
- Go to the doctor, unless you're sick and your doctor tells you to do so
- Stockpile masks or gloves

What is Social Distancing?

According to the California Department of Public Health, social distancing is a **key practice** recommended by public health officials to stop or slow down the spread of contagious diseases. It requires the creation of physical space between individuals who may spread certain infectious diseases. The key is to eliminate or minimize group gatherings and to achieve physical space between individuals -- **six feet are suggested** -- when events or activities cannot be modified, postponed, or canceled.

Stay Home Except For Essential Needs

The California State Public Health Officer and Director of the California Department of Public Health is **ordering all individuals living in the State of California to stay home or at their place of residence**, except as needed to maintain continuity of operation of the federal critical infrastructure sectors.

See the list of [Essential Critical Infrastructure Workers \(pdf\)](#).



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