

Monitoring Coronavirus (COVID-19) in Virginia

Optima Health is closely monitoring the spread of the coronavirus (COVID-19) in the United States and its presence in Virginia. We have enacted our robust emergency management protocols and our dedicated team is on standby to monitor and follow COVID-19 closely in Virginia and North Carolina.

About COVID-19:



What is the novel coronavirus (COVID-19)?

According to the Centers for Disease Control and Prevention (CDC), the novel coronavirus is a new coronavirus that has not been previously identified.



What are the symptoms?

Coronavirus disease 2019 (COVID-19) symptoms include mild to severe respiratory illness with fever, cough, and difficulty breathing.



Is there anything I can do to prevent the spread of the virus?

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough and sneeze with a tissue, which you should discard in the trash.
- Stay home when you are sick.
- Use an approved telehealth option or see your doctor if you think you are ill.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.

What Optima Health benefits will cover

Any out-of-pocket member costs associated with COVID-19 diagnostic testing at any in-network lab locations for all commercial, Medicaid, or Medicare Advantage members are covered in full. Telehealth visits are free to members through June 4, 2020 with our in-network care partners MDLIVE® and Sentara Medical Group.

What to do if you have symptoms

If you or your family members are experiencing symptoms similar to a common cold or flu and think you may have been exposed to COVID-19, please contact your primary care physician or our telehealth partner, MDLIVE, by signing in to your secure member portal.

For more information, please visit the CDC website at www.cdc.gov. You may also visit optimahealth.com/coronavirus for additional updates.