



PREPARE YOUR FAMILY FOR COVID-19

BE READY WITH NALCHBP TELEHEALTH

By now you've heard about COVID-19 which has started to spread within the United States. The Centers for Disease Control and Prevention recommends that now is the best time to prepare yourself and your family.

One thing you can do is sign up for NALCHBP Telehealth so you can visit with a doctor in minutes from the comfort of home, minimizing the risk of exposure to yourself and others. Doctors are available 24/7 and can evaluate your risk for COVID-19 and other respiratory conditions, provide a treatment plan, or refer you to in-person care if needed.

Video visits using NALCHBP Telehealth are a covered benefit under your NALC Health Benefit Plan and cost \$10 per visit.

Sign up for free today and be prepared!

Go to nalchbptelehealth.org or download the free mobile app from Google Play or the App Store.

