

BENEFITS COMMITTEE UPDATE

The CRA Benefit Chair's *Benefits Column in Encore* this issue includes a number of CDC available resources.

Following are some recent articles from Medicare:

WHAT TO KNOW ABOUT CONTACT TRACING

If you've been in close contact with someone who tested positive for COVID-19, you may be contacted by a contact tracer or public health worker from your state or local health department in an effort to help slow the spread of the disease. Here's what to know if you get a call:

- A contact tracer may call to let you know you may have been exposed to someone with COVID-19. All information you share with a contact tracer, like who you've been in contact with and your recent whereabouts, is confidential.
- You may be asked to self-quarantine for 14 days. This means staying home, monitoring your health, and maintaining social distance from others at all times.
- You may be asked to monitor your health and watch for [symptoms of COVID-19](#). Notify your doctor if you develop symptoms, and seek medical care if your symptoms worsen or become severe.

Be aware of scammers pretending to be COVID-19 contact tracers. Legitimate contact tracers will never ask for your Medicare Number or financial information. If someone calls and asks for personal information, like your Medicare Number, hang up and report it to us at 1-800-MEDICARE.

PROTECT YOURSELF WHEN PICKING UP PRESCRIPTIONS

It's important to keep taking your medications as prescribed during the COVID-19 pandemic. Here are some tips to help you protect yourself from COVID-19 when getting your prescriptions:

- If possible, call in prescription orders ahead of time.
- Use drive-thru windows, curbside services, mail-order, or other delivery services.
- Try to make one trip, picking up all medicine at the same time.

- **If you go into the pharmacy, remember to wear a face covering and maintain social distance.**

During this time, you may also want to contact your Medicare prescription drug plan to see if they've temporarily waived certain requirements to help prevent the spread of COVID-19 — like waiving prescription refill limits or relaxing restrictions on home delivery or mail delivery of prescription drugs. You can also ask your Medicare drug plan about extended-day supplies.