

## BENEFITS COMMITTEE UPDATE

**Be sure to read the CRA Benefit Chair's *Benefits Column in Encore*. This issue includes a "how to guide" for using telemedicine and other useful information.**

**Also, you may have seen this recent Medicare.gov posting - it is a good reminder about in-person health care visits.**

"As communities around the country continue to re-open, you may have questions about when to resume in-person visits with your healthcare providers, and what to expect during a visit. Always check with your doctor to see what's best for your healthcare needs.

Here are some considerations for in-person visits:

- **Don't put off necessary care**, especially if it's urgent or may lead to complications, such as heart attack or stroke.
- **Continue preventive care** such as immunizations and cancer screenings.
- **Providers and facilities will minimize exposure**, so you may experience some **changes during your visit**.

Visit **Medicare.gov** to learn more, and reach out to your healthcare provider if you have questions about when and how to seek treatment. Consider **telehealth** or virtual visits with your doctor if you're at high risk for complications from COVID-19.

If you must visit in-person, check out this **information from the CDC** to help you protect yourself and others."