



1255 Imperial Avenue, Suite 1000  
San Diego, CA 92101-7490  
(619) 231-1466 • FAX (619) 234-3407

## COVID-19 Benefits Websites and Resources

### Kaiser

[Kaiser Website](#) - Latest updates available via the banner alert at the top

- No cost [phone and e-visit appointments](#) available.
- Effective April 1, 2020, Kaiser Permanente members who are diagnosed with COVID-19 will not have to pay co-pays or other cost-share related to their medical care and treatment of COVID-19, even if they have to stay in the hospital. This change applies to all admissions whose dates of service(s) are from April 1, 2020 through May 31, 2020. Co-pays or other cost-share includes, but is not limited to, hospitalization, office visits, telemedicine, emergency room visits, urgent care visits, and pharmacy.

### Blue Shield

[Blue Shield Website](#) - Latest available updates

- Copays for [Teladoc](#) virtual care services, including behavioral health, have been reduced to \$0 through 5/31/2020. Account registration can be completed in advance to streamline process when/if an appointment is needed.
- [Prevention Tips](#)

### Child Care Assistance for Essential Workers

- Essential Worker Child Care Vouchers – Eligible applicants are being placed on a waiting list pending additional local or state funds. These vouchers will help pay for care through June 30. The payment varies depending on the kind of care the parent selects. Application [here](#).
- COVID-19 Children's Fund - This philanthropically-funded opportunity provides a 1-time payment of \$575 to the essential worker's child care provider. Parents can apply for the waitlist for funds. Application [here](#).

Note: MTS is providing this information to you as a resource; these programs are not sponsored by MTS.

### Employee Assistance Program

- Visit [MHN's website](#) or call 1-800-535-4985 and use code SDMTS
- Free behavioral health and confidential counseling services, including telephone or videoconference options
- Available to all MTS employees and anyone sharing their household



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### **Disability and Unemployment**

- [State Disability and Unemployment Resources](#)
- [Voya Short and Long Term Disability](#) – MTS Management employees in lieu of State Disability

### **ICMA Retirement**

- Coronavirus-Related Distributions (CRDs) – Eligible employees may withdrawal up to \$100,000 from their 457(b) plan due to economic and/or health related issues from COVID-19. The CRD is an available withdrawal option in 2020 from your 457(b) plan account balance only.
  - You are eligible for the CRD if you, your spouse, or dependent have been diagnosed with COVID-19. You may also qualify if you are experiencing adverse financial consequences as a result of being quarantined, having work hours reduced, or if you are unable to work due to lack of child care due to COVID-19.
  - To learn more about this option contact ICMA-RC at 1-800-669-7400
  - To download the CRD application form, [click here](#).
- [ICMA-RC Website](#) – Latest updates with links to additional resources, including short and long term impacts and considerations pertaining to COVID-19 market volatility.
- To schedule a phone appointment with your ICMA-RC Retirement Plan Specialist, Mark Fitzpatrick, visit the link below. Please include a description of what you would like to discuss.
  - <https://icmarc.secure.force.com/events?SiteId=a0lj0000004aCxZAAU>

### **Dependent Care FSA**

- If your childcare provider costs have changed, you may change your contribution election with proper documentation. You must contact the Human Resources department within 30 days of the change.