



COVID-19: Extra support and resources

With COVID-19 knowledge and prevention steps constantly changing, it's more important than ever to keep your health, well-being and safety top priorities. We are deeply committed to helping you and your family stay emotionally and physically healthy, while safe at home. We will continue to share important information, like these articles, to support you and your family with resources and recommendations we hope can make a difference:

Ease your children's anxiety

We want you to have resources to help talk to your children about COVID-19. There are positive steps you can take to [address their COVID-19 worries](#). Additional mental health and emotional support resources are also available to you and your loved ones.

Social distancing safely

While you're social distancing, it doesn't mean you have to give up being social. You can [safely stay connected](#) with loved ones, while still doing your part to "flatten the curve".

COVID-19 testing requirements

Testing for COVID-19 is expanding, but still limited. Exactly how and where you can get tested varies by state, and doctors and health care providers must use the limited supply of tests wisely. [Learn more about testing](#) — when you can request it and what to expect during testing.

Keep personal information safe from cyber scams

The internet can be a lifeline to the outside world with everyone playing games, meeting new people and chatting online with friends and family from the comfort of home. This is the perfect time to talk to family members about [how to protect their identity and avoid cyber scammers](#) taking advantage of COVID-19.

Keeping you informed of benefit updates, valuable information or helpful resources is extremely important to us. We will continue to provide you with updates as the situation evolves.