

Monitoring Coronavirus (COVID-19) in Virginia

Optima Health is closely monitoring the spread of the coronavirus (COVID-19) in the United States and its presence in Virginia. We have enacted our emergency management protocols and our dedicated team is on standby to monitor and follow COVID-19 closely in Virginia.

About COVID-19:



What is the novel coronavirus (COVID-19)?

According to the Centers for Disease Control and Prevention (CDC), the novel coronavirus is a new coronavirus that has not been previously identified.

What are the symptoms?

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms or combinations of symptoms may have COVID-19:

- fever or chills
- cough
- shortness of breath or difficulty breathing
- fatigue
- muscle or body aches
- headache
- new loss of taste or smell
- sore throat
- congestion or runny nose
- nausea or vomiting
- diarrhea



Is there anything I can do to prevent the spread of the virus?

- Wash your hands often with soap and water for at least 20 seconds.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Cover your cough and sneeze with a tissue, which you should discard in the trash.
- Stay home when you are sick.
- Use an approved telehealth option or see your doctor if you think you are ill.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.

What does Optima Health cover?

Out-of-pocket member costs for the COVID-19 vaccine and costs associated with COVID-19 diagnostic testing as deemed appropriate by the ordering provider will be waived through the duration of the public health emergency for all commercial members, including serological and antibody testing¹. Member costs for in-network telehealth visits and any in-network or emergent out-of-network COVID-19 treatment will be waived through June 30, 2021².

What to do if you have symptoms?

If you or your family members are experiencing symptoms similar to a common cold or flu and think you may have been exposed to COVID-19, please contact your primary care physician or our telehealth partner, MDLIVE, by signing in to your secure member portal.

¹End dates may vary. Optima Health will cover these as required by DMAS and CMS.

²Optional for self-funded employers

For more information, please visit the CDC website at www.cdc.gov or optimahealth.com/COVID-19 for additional updates.

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