



Coronavirus COVID-19 **HERE TO HELP**

401K CARES Act

The recently passed legislation allows you to take a 401K coronavirus related distribution without paying an early withdraw penalty. If you can, keep contributing to your 401K account to save for your retirement. Remember the company match to the 401K plan has not changed!

- ✓ **Distributions can be up to \$100,000 or up to 100% of the 401K account balance.**
- ✓ **This is not a loan and self-certified.**
- ✓ **The distribution does not need to be repaid; however, it can be repaid over the course of three years to avoid any tax liabilities.**

To access your 401K account please visit www.newportgroup.com
You can login to your account and select My Plans.

401K PARTICIPANT SERVICES CENTER- 1-844-749-9981
NJ CORONAVIRUS AND POISON CENTER HOT LINE – 1 800 222 1222
GREATER PHILADELPHIA CORONAVIRUS HELPLINE – 1 800 722 7112

CHILDREN AT HOME

Children across the country have seen their worlds come to a halt. School is being done at home and social activities can no longer happen. Here is a great resource to assist your children during this very unusual time. It highlights recipes, fitness tips and emotional wellness.

<https://www.healthychildren.org/english/healthy-living/pages/default.aspx>

This Newsletter is for educational purposes only. It should not be construed as legal advice or medical advice. You are urged to contact your medical provider for any questions or concerns about health issues.



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AmeriHealth New Jersey expands Telemedicine to specialist visits

To ensure access to the care members need and to protect high risk patients, AmeriHealth New Jersey is expanding telemedicine benefits to include the following services when an in-network provider has their own telemedicine capabilities:

- Specialists
- Urgent Care
- Nutrition Counseling
- Physical Therapy (video only)
- Occupational Health (video only)
- Speech Therapy (video only)

Members will pay the appropriate cost sharing based on the terms of their health plan. Members should check with their health care provider to verify if they can conduct a visit over phone or via video.

AmeriHealth New Jersey expands Telemedicine to Behavioral Health

Because health scares can cause additional stress and anxiety, AmeriHealth New Jersey is offering telemedicine access to ensure members have access to behavioral health care. Members can talk to an in network mental health counselor over the phone or through a video conference.

To find an in network provider, members can call the Mental Health number on the back of their ID card. Applicable member cost sharing will apply.

Extending Authorizations on Elective Procedures

AmeriHealth New Jersey is extending authorizations on all elective procedures to six months. These procedures may still occur as scheduled but it's also possible that a health care provider, hospital or ambulatory surgical center may decide it is in the best interest of the patients to postpone elective procedures for the next few weeks.

We want to make things easier for all and extending the authorization period will allow the flexibility our providers need to make the best possible care decisions for patients.

**If you would like more information
please visit AmeriHealth's website:
<https://www.amerihealthnj.com/html/index.html>**

CHARITABLE OPPORTUNITIES

Donate to local food banks – food banks have seen their need increase dramatically!

Start a PPE drive for local healthcare workers and first responders – make masks if you can!

- This link has information on how to make a personal mask and masks that can be donated: <https://www.joann.com/make-to-give-response/>

Thank you for your continued dedication to your work.

Our priority is to keep everyone safe and informed!

Please visit www.holtlogistics.com to access the Covid-19 Resource Corner

**If you need more specific information or guidance, please contact your
Immediate Supervisor or the Human Resources Department.**

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