



Coronavirus COVID-19  
**HERE TO HELP**



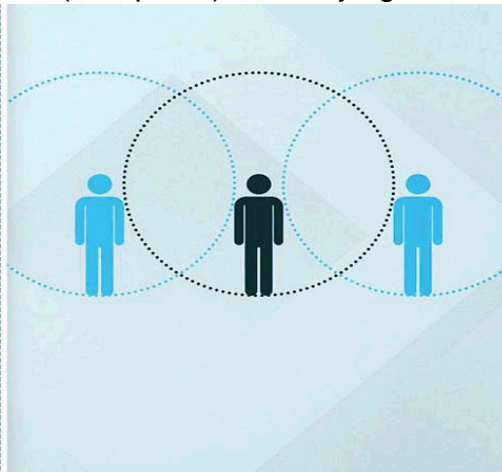
## Remember to practice Social Distancing!

As restrictions are lifted around stay at home orders, don't forget to continue social distancing guidelines. Social distancing is the practice of reducing close contact between people to slow the spread of infections. In New Jersey, beaches and boardwalks are open. Starting on Friday, 5/22/20, more recreational businesses can open such as batting cages, golf ranges and community gardens. Stay safe and make sure you are wearing a mask (if required) and staying six feet away from others.

### SOCIAL DISTANCING

SOURCE: CDC

remaining out of  
**congregate settings**,  
avoiding **mass gatherings**  
and maintaining distance  
(approximately **6 feet**)  
from others when possible



**Health Advocate offers a FREE nurse line!**  
For non-urgent health issues please call 877 240 6863.  
This nurse line is available 24 hours a day, 7 days a week.

## Spring Cleaning!

**Don't underestimate the benefits of clearing out the clutter around your house!**  
**If you find you have some extra time, use some of these tips in the below article to get started!**



<http://blog.healthadvocate.com/2020/05/spring-cleaning-for-your-well-being/>



## Coronavirus COVID-19 **HERE TO HELP**

### **AmeriHealth - Helpful information**

**AmeriHealth's website offers valuable information regarding the current pandemic. One piece of information is a listing of testing locations in the tri-state area. Remember COVID 19 testing is covered by insurance!**

<https://www.amerhealthnj.com/html/custom/covid-19/pdfs/ahnj-covid19-testing-locations.pdf>

**Free to AmeriHealth member is also access to a digital healthcare platform offering a COVID 19 preparedness tool.**

<https://app.quilhealth.com/registration/nbfico19>

**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**

### **COVID 19 TESTING**

Rite Aid has expanded the number of stores that are offering **FREE** testing. At this time, they are also now testing people without symptoms (**MUST BE OVER 18 AS TESTS ARE SELF ADMINISTERED UNDER THE GUIDANCE OF A PHARMACIST**).

Local Rite Aids participating in this testing include Sewell, NJ; Barrington, NJ; Wilmington, DE and several Philadelphia, PA stores. To schedule a test, please use the below link:

<https://www.projectbaseline.com/study/covid-19/>