

# Prepare your family for COVID-19

Be ready with LiveHealth Online



By now you've heard about COVID-19 in the United States, and the Centers for Disease Control and Prevention recommends that now is the best time to prepare yourself and your family.

One thing you can do is sign up for LiveHealth Online so you can visit with a board-certified doctor from the comfort of home, minimizing the risk of exposure to yourself and others. Doctors are available 24/7. The doctor you see can evaluate your symptoms, help you understand whether you're at risk for COVID-19, and let you know whether you need to visit a local health care provider in person for COVID-19 testing.

Members with LiveHealth Online benefits can access video visits with doctors and mental health professionals free of charge through **June 14, 2020**. There may be a charge if your plan doesn't cover telehealth benefits.

**Sign up for free today  
and be prepared!**

Go to [empireblue.com](https://www.empireblue.com) and log in to your secure account to access **LiveHealth Online**.