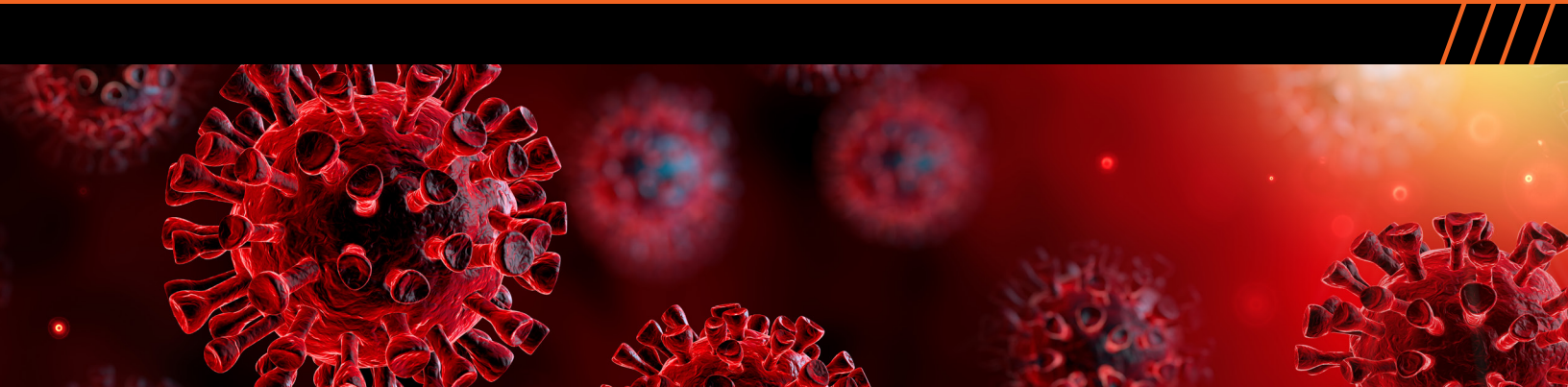


COVID-19 RESOURCES



LATEST COVID-19 OSU-CHS INFORMATION

health.okstate.edu/news/coronavirus

HUMAN RESOURCES IN TULSA

- 918-594-8221 or tulsa.hr@okstate.edu
- Faculty and Staff FAQ: go.okstate.edu/coronavirus/faq/faculty-staff-faq

OSU MEDICINE COVID-19 DRIVE THROUGH TESTING FOR EMPLOYEES

- Location: OSU-CHS Campus (east parking lot), 1111 W. 17th Street, Tulsa, OK 74107
- Hours: Monday–Friday, 8:00 a.m. – 5:00 p.m., by appointment only.
- **IF YOU ARE EXPERIENCING SYMPTOMS OF COVID-19 OR HAVE BEEN EXPOSED TO SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19, PLEASE CALL ERIKA TEEL, OUR OCCUPATIONAL HEALTH NURSE, AT 918-281-2755 TO SCHEDULE AN APPOINTMENT.** If it is on the weekend or after business hours, please email CHSCOV19@okstate.edu and answer the following questions. Erika will follow up with you on the next business day:
 - Are you a student or employee?
 - If employee, which department or clinic do you work at and where is your workspace located?
 - Do you feel you have had contact with a confirmed case or are you feeling symptomatic? Explain.
 - What is a good call back number?
- If you are not symptomatic and/or haven't been exposed to a confirmed case of COVID-19, OSU Medicine is also offering community testing at the OSU-CHS campus, 1111 w. 17th Street, Monday–Friday, 8:00 a.m. – 5:00 p.m. by appointment only. Please call 918-599-5300 to schedule an appointment.

FAMILIES FIRST CORONAVIRUS RESPONSE ACT (FFCRA)

Congress enacted the Families First Coronavirus Response Act (FFCRA) which allows for paid leave for employees who are unable to work or telework due to various circumstances surrounding COVID-19.

For more information go to: <https://hr.okstate.edu/families-first-coronavirus-response-act-ffcra>

More FFCRA frequently asked questions: <https://www.dol.gov/agencies/whd/pandemic/ffcra-questions>

NOTICE FOR BENEFITS-ELIGIBLE FACULTY AND STAFF

OSU BLUECROSS BLUESHIELD EMPLOYEE HEALTH INSURANCE CHANGES

Testing of COVID-19 is covered at 100%

- Telehealth visits will have no co-pay until October 23 with an evaluation to extend if necessary
- Treatment for COVID-19 will not have a co-pay, deductible or co-insurance applied to it through October 23 at which time an evaluation to extend will occur; therefore, no out-of-pocket expense to the member receiving treatment

REACH OUT FOR SUPPORT

Mental health benefits are included with your plan. Find a provider on [Blue Access for Members](#)

- You may be able to have a Virtual Visit through [MDLIVE](#)
- Talk with your doctor to make sure you have the medicine you need on hand
- Call us at the number on your member ID card if you have questions about benefits or mental health care needs

MORE RESOURCES

Centers for Disease Control and Prevention

- [Managing stress related to the outbreak](#)
- [Coping with a traumatic event](#)
- [Helping children cope with emergencies](#)

Substance Abuse and Mental Health Services Administration (SAMHSA)

- [Coping with stress during an outbreak](#)
- [Taking care of your mental health during an outbreak](#)

BCBS COVID website — Stay Informed

- <https://www.bcbsok.com/covid-19>

CHS SUPPORT FOR COVID-19

MENTAL HEALTH/EMOTIONAL HEALTH VIRTUAL SUPPORT SERVICES

OSU-CHS students, residents and medical providers who are interested in virtual mental health/emotional health support can contact OSU-CHS Counseling Services:

- Telephone: 918-561-1822 with confidential voicemail
- Email: osuchs.counseling@okstate.edu
- Virtual visits: <https://chscounselingservices.as.me/>

Licensed mental health providers are on staff to provide virtual services Monday through Friday, 8:00 a.m.– 5:00 p.m.

PROVIDER GROUP SESSIONS

Tuesdays at 12:00 p.m.

- Thursdays at 8:30 a.m.

Email brian.goetsch@okstate.edu or kelly.dunn@okstate.edu to be a part of the group. Connect with other medical professionals, provide for support management, listen and learn from others.

Join our COVID-19 Provider Support Group! This group is not limited to OSU CHS and OSU MC. We're expanding access for this group to our community as well, so feel free to share this information with your colleagues. The sessions will be hosted via Zoom and will continue weekly until the crisis subsides. Goals of this support group are to create a platform to allow providers to connect with other medical professionals who are being affected by the COVID outbreak and to listen/learn from others about how they are managing stress successfully.

COMPSTYCH®

Provides Employee Assistance Program (EAP) services for Oklahoma State University. Your GuidanceResources® benefits will give you and your dependents confidential support, resources and information for personal and work-life issues. These services are provided at no charge to benefits eligible employees and their dependents.

GuidanceResources® is available to you 24 hours a day, 7 days a week.

There are three ways to access your GuidanceResources® benefits:

1. Call 855.850.2397. You'll speak to a counseling professional who will listen to your concerns and can guide you to the appropriate services you require.
2. Visit GuidanceResources Online at guidanceresources.com, click the link for I am a first time user, enter OKSTATEEAP as your Web ID, then create your user ID and password.
3. Download the GuidanceResources® Now app for your mobile device.