

COVID-19 Resources:

Latest COVID-19 OSU-CHS information:

<https://health.okstate.edu/news/coronavirus.html>

Human Resources in Tulsa:

- 918-594-8221 or Tulsa.hr@okstate.edu
- Faculty and Staff FAQ - <https://go.okstate.edu/coronavirus/faq/faculty-staff-faq.html>

COVID Drive through testing:

- Located: OSU Center for Health Sciences, 1111 W 17th St, Tulsa
 - If you are experiencing symptoms of COVID-19, or if you have been exposed to someone who has tested for positive for COVID-19, call the hotline to be evaluated virtually by a physician, and scheduled for testing.
 - Hours: Mon-Fri, 8 am – 5 pm, Testing is by appointment only. 918-599-5300
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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:

- The testing of COVID-19 is covered at 100%
- The telehealth visits will have no co-pay until April 30th with an evaluation to extend if necessary
- The treatment for COVID-19 will not have a co-pay, deductible or co-insurance applied to it through May 30th 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 MembersSM](#).

- 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 (CDC)

- [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 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 at: Telephone (918) 561-1822 with confidential voicemail.

Via Email at: osuchs.counseling@okstate.edu

Or schedule virtual visits directly at: <https://CHSCounselingServices.as.me/>

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

Provider Group Sessions

Tuesday at noon

Thursday at 8:30 am

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 (flyer attached). **The first session will be hosted this Thursday (April 2nd) at 8:30am 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.

ComPsych[®] 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 www.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.