

Coronavirus (COVID-19) Resources

An Updated Reminder that DSM offers you Plans and Programs to Support You and Your Family!

As we all manage working during this pandemic, our benefits providers are ready and willing to continue to support you and your family. Self-care is so important so you can care and help others. Below is a reminder of some of the benefits we offer which may assist you during this time. Additional benefits information is available on benefits site - myDSMbenefits.com.

Telemedicine

If you are enrolled in a DSM medical plan, including the CDHP*, use Horizon Care Online to avoid going to a facility for care. They can provide virtual medical or behavioral health care 24/7 via video, phone or chat.

You may also visit your own physician virtually by paying the same copay as you would for an office visit.

The following Horizon Care Online services are provided **at no cost to you** through **December 31st**:

- Assessments/diagnosis for COVID-19 symptoms
- Medical and behavioral health visits

To access Horizon Care Online:

- Visit <http://dsm.horizoncareonline.com> and select Horizon Blue Cross Blue Shield of NJ;
- Download the app; or
- Call 1-877-716-5657

The service key is DSM.

[Click here](#) to access instructions on how to enroll.

DSM Healthcare Plans

If you are enrolled in a DSM medical plan, including the CDHP*, the plans will cover the appropriate medically necessary diagnostic testing for COVID-19 – **at no cost to you**. You must have a prescription in order for the test to be covered.

This includes in-network visits to a doctor’s office, urgent care, the emergency room or drive-through testing locations to be evaluated/tested for symptoms identified by the CDC.

Visit <https://www.horizonblue.com/dsm/> or call 1-800-355-2583 for more information.

Our medical plans include prescription drug coverage through Express Scripts (ESI). We encourage you to use the 90-day mail order benefit where possible.

For more information, visit

www.express-scripts.com or call 1-866-851-0145.

Brighter Living Solutions – DSM’s Employee Assistance Program (EAP)

It is normal to feel anxious, scared and/or overwhelmed by COVID-19. If you find that you need support, help is available through our EAP with Magellan. **You may also schedule virtual visits with a counselor, with up to 5 sessions per calendar year at no cost to you.**

Call 1-800-523-5668 or visit

<https://magellanascend.com>

Be sure to look for info on the News Center for upcoming live DSM webinars.

Rethink

Need help with remote learning or keeping the kids busy? Rethink provides great resources for you to use during these times of need. Rethink also works with families raising children with learning, social and behavioral challenges.

- Video based lessons for children
- Remote consultations/printable materials
- Webinars & podcasts

Register using code DSM at

<http://dsm.rethinkbenefits.com/>



Fidelity

Get resources, guidance, and tools to help you manage your investments and save for retirement. To further help support your financial needs, **DSM added additional options for loans and withdrawals that will be available through 12/31/2020.** Visit www.401k.com or call 1-800-835-5095.

Brighter Living Wellness Program

Take care of your physical and emotional well-being by staying active, eating healthy, and managing stress. The Brighter Living Wellness Program through Virgin Pulse offers a variety of resources and activities to help you build resilience and be well. And, you can earn rewards for taking healthy actions, which will help your financial well-being, too!

Visit <http://brighterliving.dsm.com> to get started.

**CDHP – Consumer Driven Health Plan*

***FMLA – Family Medical Leave Act*

Matrix – Leave Administrator

If you become ill and miss more than five days of work, you may be eligible for short-term disability. If a family member is ill, you may be eligible for an FMLA** leave to care for your loved one or for your children while schools are closed.

Access the Matrix portal at www.matrixabsence.com or call 1-877-202-0055 for information or to apply for a leave.

To learn more about how to apply, watch this short tutorial here:

<https://player.vimeo.com/video/173782087>

Collective Bargaining unit employees follow their contract

~~Stay current on how DSM is addressing COVID 19 at~~

<https://dsm1234.sharepoint.com/English/coronavirus/SitePages/Home.aspx>

For ongoing updates, go to the Centers for Disease Control (CDC) website and the World Health Organization (WHO) website.