



# Coronavirus (COVID-19) Resources

*A Reminder that DSM offers you Plans and Programs to Support You and Your Family!*

As we all manage the COVID-19 outbreak, our benefits providers are ready and willing to support you and your family. **We ask for your patience and understanding if you experience delays in accessing websites, telephone numbers or care.** We are all doing our best and working closely together to bring you the care and resources that you need. Below is a reminder of some of the benefits we offer which may assist you during this time, additional benefits information is available on **myDSMbenefits.com**.

## Telemedicine

If you are enrolled in a DSM medical plan, including the CDHP\*, use Horizon Care Online to avoid urgent care facilities, doctor offices and/or emergency rooms. They can provide virtual medical or behavioral health care 24/7 via video, phone or chat. In addition:

Through Horizon Care Online the following care is provided at **no cost to you** through June 13th:

- Assessments for COVID-19 symptoms
- Covered routine care
- Mental health visits

To access Horizon Care Online:

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

The service key is DSM.

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

## DSM Medical and Prescription Drug 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.**

This includes in- or out-of-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 [www.horizonblue.com/dsm](http://www.horizonblue.com/dsm) or call 1-800-355-2583 for more information.

Our medical plans include prescription drug coverage through Express Scripts (ESI). They continue to closely monitor supplies and we encourage you to use the 90-day mail order benefit where possible.

For more information, visit [www.express-scripts.com](http://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, unsettled, distracted, scared and/or overwhelmed by COVID-19. If you find that you are having difficulty managing stress, help is available through our EAP with Magellan.

Call 1-800-523-5668 or visit <https://magellanascend.com>

## Rethink

Rethink works with families raising children with learning, social and behavioral challenges. There are resources available to all employees during times of need.

- Video based lessons for children
- Remote consultations
- Webinars & podcasts
- Printable educational materials for children at home from school

Register using code DSM at <http://dsm.rethinkbenefits.com/>



### **Fidelity**

Get resources, guidance, and tools to help you manage your investments and support navigating through a volatile market.

Visit [www.401.com](http://www.401.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. 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.

Access the Matrix portal at [www.matrixabsence.com](http://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.**