

## COVID-19 SELF-CARE TIPS

- **Maintain a Routine** – One of the best things you can do to preserve your mental well-being is to stick to a routine. Maintaining as much normalcy as possible with your daily routine can help keep your mood as lifted as possible, and prevent boredom and distress from taking over.
- **Don't Obsess Over the News** – It can be easy to become overwhelmed by watching the news and reviewing the updates of the COVID-19 situation. While it's important to be informed of the situation, you should not obsess over the news. Instead of monitoring the news all day from home, consider checking for updates once in the morning and once at night.
- **Take Care of Your Body** – Don't neglect self-care during this time. It's easy to stress eat comfort foods, sit on the couch for hours binge watching shows or sleep the day away, but now is the time to invest in yourself. Practice deep breathing, stretch or meditate. Try to eat healthy by planning well-balanced meals, snacks and drinking plenty of water. Exercise regularly, get plenty of sleep, and avoid excess alcohol.
- **Get Outside** – Try to get outside periodically throughout the day. Take a walk around the block or go out in your back yard. Being outside helps promote higher vitamin D levels.
- **Make Time to Unwind** – Do some activities that you enjoy such as reading, art or crafting, video games, watch a show or movie you're interested in, etc.
- **Connect with Others** – Just because we need to maintain physical distance doesn't mean we should socially disconnect. Leverage the power of technology to video chat with friends and family. Talk with people you trust about your concerns and how you are feeling.
- **It's Ok Not to Be Ok** – These are uncertain times, so it's perfectly ok not to be ok! Whether you're dealing with stress, fear, anxiety, loneliness or something else, utilize the resources in your employee benefit package such as the Employee Assistance Program (EAP) or mental health resources available through your medical plan.



### Can a Member Get an Early Refill of Their Medication(s)?

RxBenefits has taken steps to protect member access to medication. **Effective 03/20/2020**, all RxBenefits clients with Express Scripts will be able to access up to two early refill options on prescription medications. Currently, clients have standard refill policies in place, which allow you to refill or renew a prescription medication when 25%-35% of your current prescription is remaining. The new early refill options will waive early refill limits for medications at any pharmacy. We encourage members to carefully evaluate their options to avoid supply shortages or concerns. Schedule II controlled substance medications will still require a new prescription for additional fills.

### Take Steps to Protect Yourself Get Your Medication Delivered to Your Home

If you currently fill 30-day supplies of your medication at a local pharmacy and would like a longer-term supply, you can ask your physician to write a prescription for a 90-day supply and fill it at Express Scripts Home Delivery. Members can get started at [express-scripts.com/login](https://express-scripts.com/login).

#### 3 Advantages to Home Delivery

- Free Shipping Standard shipping is included as part of your prescription plan
- Up to a 3-month supply Get up to a 3-month supply of your long-term medicine
- 24/7 Support Express Scripts pharmacists are available 24/7 from the privacy and safety of your home

Pharmacies have received directions from Express Scripts on how to process these early refill prescriptions. If you believe that your medication should be eligible for an override, and it was not applied, advise the pharmacist to contact the ESI Helpdesk for guidance or contact your **RxBenefits Member Services team at [RxHelp@RxBenefits.com](mailto:RxHelp@RxBenefits.com) or call 800.334.8134**. As new information unfolds, we will be sure to update the RxBenefits COVID-19 website, <https://www.rxbenefits.com/express-scripts-response-to-novel-coronavirus-covid-19/>, and keep you informed on any new details that impact your pharmacy benefits plan.