

# How to Have a Doctor's Visit from Home (or Wherever You Are with MeMD!)

## SIMPLE AS 1 – 2 – 3



**Speak with a medical provider from anywhere within minutes.**

STEP 1: Visit your MeMD website:

[www.memd.me/group/holidayretirement](http://www.memd.me/group/holidayretirement)

OR download the app ([memd.me/app](http://memd.me/app)) & use plan code: **FNR49L6X**

STEP 2: Create an account.

STEP 3: Request a video or phone visit.

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## COVID-19 Health Plan Updates for Holiday Retirement (Telemedicine is a benefit with your medical plan, separate from MeMD)

To assist you and your family, Holiday Retirement has updated your health benefit plan for services related to COVID-19. These changes include two important services.

- Telemedicine is covered at 100% with no deductible for visits related to COVID-19
- COVID-19 testing is covered at 100%, deductible is waived

Telemedicine via Holiday Retirement's health plan with Regence Blue Cross / BlueShield Telemedicine, described as a virtual visit with your In Network community provider, is covered at 100% with no deductible for visits related to COVID-19

### COVID-19 Testing Benefit

If a physician determines you or a family member should be tested for COVID-19, 100% of the test and laboratory work will be covered. There is no out-of-pocket fee or deductible and it does not matter where you get the test.

**Questions? We are here to help.**

Call Customer Care at (877) 462-1414, Monday through Friday, 6 AM to 6 PM PST.