

## Coronavirus Alert

### Your NASI Welfare Fund Resources

The health of our participants and their family members is our highest priority. With the enormous impact of the coronavirus (COVID-19) growing every day, we would like to point you toward the most reliable information and remind you of some of the resources we have in place through the Welfare Fund.

Tips for staying healthy along with the very latest information from the Centers for Disease Control (CDC) can be found in [their Twitter feed](#). You may also want to check the following resources for additional information:

[Centers for Disease Control and Prevention](#)

[World Health Organization](#)

[U.S. Food and Drug Administration](#)

As a reminder, the NASI Welfare Fund provides these benefits to assist you and your family as you confront health issues in your own community:

- **MDLive** – Get access to care 24 hours a day, seven days a week by online video, mobile app or phone. If you're not having a health emergency, you'll be able to speak to a real doctor from the comfort of your own home without a copayment. These virtual visits are covered at 100% by the Welfare Plan.

To get started, visit [members.mdlive.com/bcbsil](https://members.mdlive.com/bcbsil) and click on "Activate Now." Make sure you have your medical ID card handy when you register. **Register now so MDLive will be ready when you need it.**

- **Member Assistance Program** – If the unknowns about the effect of the Coronavirus weigh heavily on your mind, don't forget that you have access to free, confidential counseling 24/7 through [Guidance Resources](#), our Member Assistance Program, by calling 866-379-0895.

To [register online](#), click "Register" and enter **NASI** under "Your Organization Web ID." The website also offers information and resources to help cope with anxiety, stress and depression.

There are also coronavirus resources posted on our insurance carriers' websites:

[Blue Cross Blue Shield of Illinois](#)

[Express Scripts](#)

[MDLive](#)

Stay healthy, everyone!