

COVID-19 is profoundly impacting the health and well-being of North Carolinians. UnitedHealthcare remains committed to helping people live healthier lives in our local communities.

- **Waiving Member Cost-Sharing through September 30, 2020**
 - UnitedHealthcare member cost -sharing, including copays, coinsurance and deductibles, for COVID-19 testing and treatment has been waived
 - Non COVID-19 telehealth visits with in-network physicians are also covered at no cost to the UnitedHealthcare member
 - Member, Providers and Employers can go to our site to obtain additional resources. [Link to UnitedHealthcare COVID-19 Resource Center](#)
- **Free Emotional-Support Help Line**
 - Available 24/7 to support members and non-members who may be experiencing anxiety or stress as a result of COVID-19.
Toll free (866) 342-6892
- **Encouragement to Remain Physically and Mentally Active Through Free Online Videos**
 - According to the Centers for Disease Control and Prevention, staying physically and mentally active can help prevent, delay or manage many costly chronic diseases. COVID-19 has made it difficult for older adults to remain active. Lack of activity in older adults may increase the risk of diabetes, heart disease, depression and stroke — all which can also harm the brain.
Optum, our sister company, is providing free online videos to members and non-members on the **Optum YouTube channel**. The video series is guided by experts in fitness and health care for older adults. The content includes primarily seated tai chi, qi gong, strength and balance, yoga, and Pilates classes. The videos also include brain and emotional health exercises, art activities and nutrition tips.

[Click Here For Free Online Wellness Center YouTube](#)