

GET PERSONALIZED SUPPORT

For COVID-19 and Beyond

Get answers to your COVID-19 related questions and ongoing, dedicated support by calling the team of registered nurses at Railroad **HEALTHLINK**, **1-866-735-5685**.

What are the symptoms of COVID-19?

People who get COVID-19 report a wide range of symptoms, usually 2–14 days after exposure. According to the Centers for Disease Control and Prevention (CDC), symptoms may include:¹

- Fever
- Cough
- Shortness of breath
- Difficulty breathing
- Chills
- Muscle pain
- Repeated shaking with chills
- Headache
- Sore throat
- Loss of taste or smell

Older people and people with serious conditions such as heart disease, lung disease or diabetes are more likely to experience serious complications.¹

Be sure to call 911 immediately if you experience the following emergency warning signs or any other signs that feel life-threatening:¹

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to arouse
- Bluish lips or face

Tell the dispatcher if you think you might have, or have been diagnosed with, COVID-19.

Wondering when to see a doctor or get tested?

If you experience these symptoms, a nurse at Railroad **HEALTHLINK** can help you decide if you should make an appointment with your doctor or seek available testing.

Social distancing?

Self-isolating?

Not sure what to do?

Call Railroad **HEALTHLINK**. A team of dedicated registered nurses is available 24/7 to help — regardless of which health plan you have. If you are waiting for test results or find out you've tested positive for COVID-19, a nurse can check in with you regularly to provide ongoing support as you self-isolate to make sure you're getting the right care. Call **1-866-735-5685**.



1-866-735-5685

RAILROAD HEALTHLINK

Your health. Our focus 24/7.

Feeling stressed, anxious or depressed? You have 4 great options for support:



United Behavioral Health benefit

Call **1-866-850-6212** for 24/7 counseling and substance use services. If you want to see a clinician, the specialist you speak with can match you with one in network..

Emotional support help line

Call **1-866-342-6892** to talk with a specially trained mental health specialist who can assist you or your family with managing stress and anxiety. Available 24/7, specialists can also refer you to community resources for concerns such as financial and legal issues.



Sanvello app

This app uses clinical techniques to help dial down the symptoms of stress, anxiety and depression. Download it on **LiveandWorkWell.com**, access code **Railroad** or get the app on Google Play™ or the App Store® using your medical insurance ID for free access to the premium version.

LiveandWorkWell.com

Go online anytime to access resources for crisis support, coping and more. Use access code **Railroad**.

1. CDC. Symptoms of Coronavirus. Available at: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. Accessed April 22, 2020.

This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through RAILROAD **HEALTHLINK** is for informational purposes only and provided as part of your health plan. Nurses, Wellness Coaches and other program representatives cannot diagnose problems or recommend treatment and are not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and will not be shared with your Railroad employer or Labor Union.

The Sanvello mobile application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. The Sanvello mobile application is available at no out-of-pocket cost to you through your health plan membership. Participation in the program is voluntary and subject to the terms of use contained in the application.