



# Extended health benefit plans now include tele- and virtual health options

April 1, 2020

Coverage rules have changed in light of the COVID-19 pandemic

The HBT team is working closely with Pacific Blue Cross to ensure employees have access to Tele-Health and Virtual services to support ongoing care during COVID-19 social distancing initiatives.

## **NEW FOR EMPLOYEES: Reimbursement for Tele-Physiotherapy and Tele-Chiropractic Treatment** **Reimbursement is available to ALL employees who receive benefits:**

- Tele-Physiotherapy and Tele-Chiropractic treatments are now available to ensure the continuance of care during COVID-19 social distancing requirements.
- Reimbursement for these Tele-Health treatments will apply from March 24, 2020 until June 24, 2020.
- The COVID-19 social distancing requirement will be monitored on an ongoing basis.
- Reimbursement will be provided for subsequent visits only and practitioners must work in alignment with PBC requirements as well as their Professional College guidelines
- For more information, please visit: <https://www.pac.bluecross.ca/covid19/>

## **Ongoing Tele-Health and Virtual Services available to employees for reimbursement**

- Reimbursement for these services is available to ALL employees who receive benefits:
  - Registered Counselling
  - Psychological Services
  - Naturopathic Services
  - Prescription Medication Home Delivery

These Tele-Health and Virtual Services will continue post-COVID-19. For more information, please visit: <https://www.pac.bluecross.ca/covid19/>

## **The following Digital Mental Health Therapy for COVID-19 anxiety is available to all employees**

- Available to ALL employees at no cost and at any time: <https://info.starlingminds.com/covid19-free-mental-health>

## **Psychological services**

The BC Psychological Association is offering free support services for health care and other essential workers who are experiencing stress, anxiety, or uncertainty due to the evolving COVID-19 pandemic. [This service can supplement the services covered by the extended health benefits you are entitled to under your collective agreement. See the resource here.](#)

## **COVID-19 Resource App**

For a central resource for accessing personalized, trusted, evidence-based information about COVID-19, the following COVID-19 BC Support App is available to you in partnership with the BC Ministry of Health: <https://www.thrive.health/covid19-app>

- [Print](#)
- [PDF](#)