

Resources to navigate COVID-19

Date Updated: April 21st, 2020

With so much information to sift through these days, we wanted to provide a quick summary of the valuable resources you may need during the COVID-19 crisis. Below are websites and phone numbers for critical services as well as information on various benefits that may be available to you. Please visit this page for regular updates.

COVID-19 testing

The below websites have information on testing locations:

Los Angeles County - covid19.lacounty.gov

Orange County - <https://occovid19.ochealthinfo.com/covid-19-testing-and-screening>

For more information on COVID-19, including symptoms and treatment, visit the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Kinecta Emergency Loans (888.954.6328)

For members who need immediate cash, we offer interest-free emergency loans with terms up to 12 months and up to 90 days to make the first payment. Relief specialists are available at the number above 7am to 6pm PT, Monday through Friday, and 9am to 3pm on Saturday.

California Unemployment Benefits

To file a claim for unemployment in California visit: https://www.edd.ca.gov/Unemployment/UI_Online.htm, or call 800.300.5616. Filing online is highly recommended and is much quicker due to volume. In addition, the federal government has implemented a supplemental unemployment benefit of \$600 per week on top of state benefits and extended these for an additional 13 weeks.

Resources for older Californians (833.544.2374)

California launched a statewide hotline and call center in partnership with the 2-1-1 system, considered a one-stop shop for those aged 65 or older. This hotline will answer your questions and can connect you with local providers to help you secure essential services like food and medication.

Paycheck Protection Program

As part of the \$2.2 trillion stimulus package, the Paycheck Protection Program is available to businesses with fewer than 500 employees. The program is administered by the Small Business Administration and funds up to 8-weeks of payroll costs including benefits through forgivable loans. Funds may also be used for interest on business mortgages, rent, and utilities. Kinecta is an approved SBA lender and is offering these loans. For a program overview, additional facts and a loan application, visit: <https://www.kinecta.org/sba-paycheck-protection-program/>

Latest public health updates

Los Angeles County Department of Public

Health: <http://www.publichealth.lacounty.gov/media/Coronavirus/>.

California Department of Public

Health: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

Centers of Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Telemedicine and Virtual Care

The Centers for Disease Control recommends virtual care as the best way to get medical care and avoid exposure to the virus. Many doctors are offering video consultations as an alternative to office visits. Check with your health insurance provider to see if they offer telemedicine services.

Mental and physical well being

Optum, our Employee Assistance Program provider, offers a variety of services and is free of charge for anyone. Call Optum's toll-free emotional support help line **866.342.6892** or visit their COVID-19 resource portal at <https://optumeap.com/>

- Caring professionals will connect you to resources
- Available 24/7
- Facts and resources about COVID-19, including tips to keep you healthy
- Educational videos in partnership with physicians and subject matter experts providing information, as well as how to protect yourself
- The content, sourced from the World Health Organization (WHO) and the CDC, is appropriate for everyone (domestic and international)

Looking for more ways to get moving while staying at home? Check out these free, live-stream workout classes: <https://www.goodhousekeeping.com/health/fitness/a31792038/coronavirus-live-stream-workout-classes/>