

COVID-19

Pay nothing for testing and treatment

Blue Cross and Blue Shield of Nebraska will **waive costs** for medically appropriate **in-network** testing and treatment of COVID-19.* We encourage the use of **in-network** providers for COVID-19 testing and treatment. **In-network** providers will never ask for upfront payment for COVID-19 testing or treatment. Visit [NebraskaBlue.com/Coronavirus](https://www.NebraskaBlue.com/Coronavirus) to learn more.

Protect yourself and others from COVID-19.



Wash your hands often. Wash your hands with soap and water for at least 20 seconds. Use hand sanitizer if soap is not available.



Practice social distancing. Limit close contact with others and remember people without symptoms may be able to spread the virus.



Cover your mouth and nose with a cloth face covering when around others. This is especially important when social distancing is difficult to maintain.



Clean and disinfect. Frequently touched surfaces such as cell phones, laptops, keyboards, doorknobs, etc., should be disinfected often.



Cover coughs and sneezes. Cover your mouth and nose with a tissue or use the inside of your elbow.

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To learn more or find a test site, visit [TestNebraska.com](https://www.TestNebraska.com) or consult your doctor.



* Effective Nov. 1, 2020, surveillance testing, including but not limited to routine workplace testing, is not covered for asymptomatic persons with no known exposure to COVID-19.