

Stay safe when running essential errands

As more states relax stay-at-home orders, it's important to continue taking steps to protect yourself from COVID-19. Visit [CDC.gov](https://www.cdc.gov) for tips to help you run essential errands safely, like getting prescriptions, groceries, gas, and connecting with your doctor.

More Info

Remember, if you need to see your doctor, please call their office first. Medicare has expanded coverage of [telehealth services](#) during the COVID-19 pandemic, for common office visits, mental health counseling, and preventive health screenings.

During this time, you may also want to contact your Medicare prescription drug plan to see if they've temporarily waived certain requirements — like waiving prescription refill limits or relaxing restrictions on home or mail delivery of prescription drugs. That way, you can limit in-person visits to the pharmacy.

For more general information about COVID-19 and your Medicare coverage, visit [Medicare.gov](https://www.medicare.gov).

Sincerely,
The Medicare Team

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