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UMS_Community Guidance_Benefit Eligible Employees: Telehealth Options

University of Maine System

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Health Advisory – Coronavirus Disease 2019

UMS Community Guidance For Employees

For Everyone

For Students

For Employees **New ▲**

For Travelers **New ▲**

UMS Work and Pay Guidance, April 5, 2020 - June 30, 2020 (New: 04/03/2020)	+
Working Remotely (New: 04/03/2020)	+
Families First Coronavirus Response Act, (FFCRA) Information (04/02/2020)	+
UMS Wellness Program – COVID-19 Level 1 Incentive Adjustment Update (03/30/2020)	+
Identifying University Resources and Materials for the COVID Response Effort (03/25/2020)	+

UMS Campus Specific Information

University of Maine

University of Maine at Augusta

University of Maine at Farmington



University of Maine at Presque Isle

University of Southern Maine

University of Maine School of Law

Public Health Resources

Maine Center for Disease Control — Coronaviruses

CDC Coronavirus (COVID-19) Information

Announcements

Chancellor Malloy: Our Continued Commitment to UMS Employees
April 3, 2020

Student Fee Adjustment and Rebate Policy by April 15
April 1, 2020

Chancellor Malloy: Celebrating Commencement During the COVID-19 Pandemic
March 30, 2020

Pass/Fail Options Extended At UMS Universities
March 25, 2020

Chancellor Malloy: We're All in This Together
March 24, 2020

Mills Administration, Public Higher Education Systems Coordinating Response to COVID-19
March 24, 2020

Identifying University Resources and Materials for the COVID Response Effort
March 23, 2020

Chancellor Malloy: Full Pay Commitment to Regular Employees Through April 4
March 19, 2020

Universities Inventorying Resources for Maine's Coronavirus Response
March 19, 2020

Universities Transition Employees To Remote Work Thursday, March 19
March 18, 2020

UMS To Continue Paying Federal Work Study Students
March 18, 2020

Spring Break Extended Two Days: Classes Resume March 25th
March 18, 2020

Chancellor Malloy: Working Remotely and March 25 Start of Classes
March 18, 2020

Room and Board Adjustments and Rebates
March 17, 2020

Chancellor Malloy: Focusing on Faculty and Staff Needs
March 17, 2020

UMS Technology Resource Update
March 16, 2020

Chancellor Malloy: Event Restrictions On Gatherings and Other Updates
March 12, 2020

Student Room and Board Refunds: UMS posting guidance before Noon on Wednesday, March 18th
March 12, 2020

Travel Assistance Hotline for UMS Employees and Students
March 11, 2020

Chancellor Malloy Message on Transition to Online Instruction
March 11, 2020

University UMS COVID-19 Directives prohibit non-essential university air travel, opens residence halls for spring break, sets March 23 deadline for continuity of instruction planning
March 10, 2020

Novel Coronavirus (COVID-19) Information University of Maine System
March 9, 2020

Students and Employees Urged to Update Emergency Contact Information
March 8, 2020

UMS COVID-19 Guidance on University Travel for Business and Personal Travel
March 5, 2020

UMS Guidance for International Travelers
March 4, 2020

Governor Mills Convenes Coronavirus Response Team
March 2, 2020

Travel Monitoring and Prohibitions: University Travel to Italy Prohibited
March 1, 2020

We're Making Plans to be Ready for Coronavirus
February 28, 2020

Apply Give Careers Portal Search

News Universities Students Faculty & Staff Trustees Data & Policy Offices

Benefit Eligible Employees – Cigna Prescription (03/19/2020) +

Benefit Eligible Employees: Cigna Information (03/17/2020) +

Benefit Eligible Employees: Telehealth Options (03/17/2020) -

Cigna Telehealth Connection allows you to receive medical support and care while supporting the notion of social distancing and minimizing exposure.

Cigna Telehealth Connection lets you get the care you need, when you need it. Cigna provides access to two telehealth services as part of your medical plan – Amwell and MDLive. Both are national telehealth providers, with 24/7/365 access to board-certified doctors via video chat or phone. Telehealth services can be a cost-effective alternative to a doctor's office or non-urgent ER visit. However, they are not intended to replace your primary care relationship or for use with life-threatening emergencies. To register or for any questions, please visit MyCigna.com.

More information is available on MyCigna.com.

(Last reviewed/updated: 03/17/2020)

Employee Assistance Program (03/17/2020) +

Resources for Teaching and Working Remotely (3/16/2020) +

Workplace Policies and Guidance (03/12/2020) +

Staying safe in the workplace (03/12/2020) +