



## IMPORTANT MESSAGE

If you have been to any area, nationally or internationally experiencing a COVID-19 outbreak in the last 14 days, and need to see your provider, please schedule a *telemedicine visit* using this [online scheduling application](#).

If you prefer to be seen in person during the 14-day self-quarantine period, please call your provider's office for an appointment and notify them of your recent travel.

Current outbreak areas in the United States include Alabama, Arkansas, Arizona, Florida, North Carolina, South Carolina, Utah and Texas.