

Date: June 25, 2020

To: Genesis Rehab Services Business Partners

From: Lou Ann Soika, Chief Strategy and Administrative Officer

Re: COVID-19 Communication – Week of 6/22/2020

Administration Releases Guidance about Coverage for COVID-19 Tests

The Trump administration released guidance on insurance coverage on COVID-19 tests. The guidance, prepared by HHS, the Department of Labor, and the Department of the Treasury, said plans must cover tests for people with COVID-19 symptoms or when a clinician says it is “medically appropriate.” Health insurers do not have to cover coronavirus surveillance tests or diagnostics to clear employees to go back to work. The industry says paying for widespread testing that is not medically necessary will drive the costs up and affect premiums. The guidance also confirms health plans will have to fully cover facility fees and any other services supplied to determine if patients should be tested - including respiratory panel tests, flu tests, X-rays, and X-ray reading.

Resurgence and Quarantine for Travelers coming into NY, NJ and CT

By Wednesday evening, the United States had conducted more than 28.6 million coronavirus tests and had nearly 2.4 million positive cases, according to the COVID Tracking Project. After surging above 30,000 confirmed cases per day in April, the U.S. saw a steady decline to fewer than 20,000 daily cases. But that progress has suddenly reversed amid surging infections across the southern half of the U.S.

Governors of three states announced that travelers coming into New York, New Jersey and Connecticut will have to quarantine for two weeks if they are arriving from areas hit especially hard by the coronavirus pandemic (a state that has a COVID-19 positivity rate of 10% or more over a week-long rolling average). Anyone coming into these states from certain COVID-19 hotbeds such as Florida, Texas and Arizona will have to isolate themselves first for 14 days. The quarantine rule is effective as of June 25th. Check with the states for more information.

REGULATORY UPDATES

CMS relaxes SNF visitation: On Wednesday, the Centers for Medicare and Medicaid Services (CMS) published a [frequently-asked questions \(FAQ\) document](#) on visitation in SNFs. The guidelines suggest re-opening could be considered when the SNF is at Phase 3, which the guidance describes similarly to [Quality, Safety, and Oversight letter 20-30-NH](#). One difference to note, the new guidelines call for adequate access to testing instead of weekly testing.

Additionally, CMS expands the concept of visits in compassionate care situations to include more than the end of life and prescribes safeguards for these visits. CMS also reinterprets the visitation restrictions to allow outdoor visits and other creative options, even for centers not at Phase 3.

Medicare COVID-19 Data Release: On June 22nd, CMS released preliminary data on COVID-19 derived from Medicare Claims. This data represents COVID-19 related information for 325,000 Medicare beneficiaries over the time period of January 1 through May 16, 2020. The snapshot breaks down COVID-19 cases and hospitalizations for Medicare beneficiaries by state; race/ethnicity; dual eligibility for Medicare and Medicaid; age; gender; and urban/rural areas. CMS usually releases this type of claims and encounter information on an annual basis when the data are more complete; however, they are releasing this information as soon as it's available through the public health emergency. Please note this information is different from the separate CDC COVID-19 case reporting data.

For further details, please click on the various hyperlinks: the CMS press release "[Trump Administration Issues Call to Action Based on New Data Detailing COVID-19 Impacts on Medicare Beneficiaries](#)," the [CMS Administrator's blog](#), the [COVID-19 Data Release External FAQs](#) and the [Preliminary Medicare COVID-19 Data Snapshot](#) page of CMS.gov.

Cookout Tips To Keep You Safe During Covid

As you begin thinking about venturing out or inviting others over for a 4th of July celebration, it's important to assess your risk. Consider whether COVID-19 is spreading in your community or whether you or someone you live with is more likely to get severely ill from a coronavirus infection. Here are a few suggestions from AARP and the CDC for hosting or attending summer soirees.

- [Don't hug and shake hands](#) when your guests arrive; instead, wave and verbally greet them.
- Provide a few extra face coverings for guests who don't have one.
- [Set out hand sanitizer](#) (make sure it's at least 60 percent alcohol), and provide clearly marked handwashing areas.
- Provide cleaning supplies that allow guests to wipe down surfaces before they leave.
- Arrange tables and chairs to allow for social distancing. Not everyone needs to be 6 feet apart — people from the same household can be closer.
- Make sure you clean reusable shared items before and after the event.
- Limit people going in and out of areas where food is being prepared, such as near the grill and in the kitchen.
- Planning activities or lawn games? Keep social distancing in mind. Consider [cornhole](#), [sidewalk chalk](#) or [frisbee](#).
- Replace shared hand towels in the bathroom and kitchen with single-use towels.
- Keep a list of guests who attended for potential future contact tracing needs.

GRS WELLNESS RESOURCES

Virtual Wellness Class Schedule: Classes are offered Monday through Friday at 11am and 3pm eastern time. Please see attached for more information.

Vitality Wellness Seminars: GRS has created 11 Vitality Wellness Seminars that anyone can access on demand at <http://site-964540.bcvp0rtal.com/>.



Day	Time	Class
Monday	11:00 am Eastern	Meditation and Mindfulness
	3:00 pm Eastern	Weekly Affirmation
Tuesday	11:00 pm Eastern	Functional Strength
	3:00 pm Eastern	Flexibility
Wednesday	11:00 am Eastern	Maximize Your Memory
	3:00 pm Eastern	Progressive Muscle Relaxation
Thursday	11:00 am Eastern	Functional Strength
	3:00 pm Eastern	Chair Yoga
Friday	11:00 am Eastern	Seated Tai Chi
	3:00 pm Eastern	Moovin and Groovin

GRS Live Virtual Wellness Classes for Residents

Classes incorporate the entire mind-body-wellness approach

All class durations are 30 minutes

Location for all classes: [Click Here](#)



Contact your local Genesis Rehab Services therapy team onsite
 Corporate Office: 101 E. State Street, Kennett Square, PA 19348 • genesish rehab.com



Class Descriptions: All class durations are 30 minutes

Functional Strength

Have fun and move through a variety of seated exercises designed to increase muscular strength, range of movement, and activities for daily living.

Maximize your Memory

Interactive brain health classes to support your cognitive wellness!

Meditation and Mindfulness

Enjoy Guided meditation including wellness strategies and a weekly mantra.

Seated Tai Chi

Engage in this gentle exercise while seated. Exercise consists of slow, graceful movements combined with deep breathing.

Weekly Affirmation

Engage in weekly discussions on topics such as gratitude and love.

Flexibility

Join us for a class designed to increase relaxation and flexibility.

Progressive Muscle Relaxation

Engage in this mind-body technique that involves slowly tensing and then relaxing each muscle group in the body.

Chair Yoga

Mind and body balance is essential. It can help prevent falls, decrease pain, reduce anxiety and help improve flexibility and strength. Join in as we engage in our mind and body connection!

Movin and Groovin

Join us on Friday afternoons for a dance class to get you movin and groovin!

