***COVID-19* *Testing Requirements & Resource List***

Updated 4.11.22

**A *viral molecular test (such as a PCR test, RT-PCR, NAAT, or TMA)* or an *antigen* test may now be used to return to work.**

* If you’re positive for COVID, the 10-days of quarantine from work begin the day your symptoms began. If you’re negative, follow the guidance on the “Should I Return to Work Chart.”
* In order to return to work prior to 10 days, your symptoms must be improving, you must receive a negative test (antigen is preferred), and your leader must approve.
* This is true regardless of whether your medical provider recommends that you test, as COVID-19 cannot be ruled out without a test, (even if you have another diagnosis such as the flu, strep, etc.)\*
  + \*Exceptions may be made on an individual basis for staff who have ongoing/baseline alternate diagnoses such as asthma or allergies, if approved by the VP Care Quality, Director of Nursing, or a Nurse Manager as designated.

**What should I do with my results?**

* Proof of your test results must be reported/shared with your supervisor. (Options include forwarding the email with your name included, screen shots, photo of your face next to the test, etc.).

Additional Information:

* Viral tests for [SARS-CoV-2](https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19/basics-covid-19.html) tell you [if you have an infection](https://www.cdc.gov/coronavirus/2019-ncov/testing/diagnostic-testing.html) at the time of the test.
* Types of viral tests:
* Laboratory tests – can take days to complete; include RT-PCR, PCR, TMA, and some [Nucleic Acid Amplification Tests (NAATs)](https://www.cdc.gov/coronavirus/2019-ncov/lab/naats.html).
* Rapid tests – can be performed in minutes; most are Antigen tests and a negative result needs to be followed with additional testing to be verified. A positive test result is presumed to be accurate without additional testing.
  + The CDC provides additional information on testing here: [COVID-19 Testing: What You Need to Know | CDC](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html)

***FREE* COVID-19 Testing Options**

*Pick up a test kit when you need it*

Test Iowa

* Pick up sites: [testiowa.com](https://www.testiowa.com/en)
* **Test type:**PCR (saliva)
* **Cost:** Free
* **Appointment required:**No.
* Your saliva sample may be dropped off at the test pick-up site for fastest processing time, or you may mail it in

*Order test kits in advance, to have at home when you need them*

Test Iowa

* + Order online (to be mailed to you): [testiowa.com](https://www.testiowa.com/en)
  + **Test type:**PCR (saliva)
  + **Cost:** Free
  + **Appointment required:**No
  + Your saliva sample may be mailed in for processing, or drop it off at a test pick-up site for faster processing time

Federal Government

* Order online (to be mailed to you): [COVID.gov/tests - Free at-home COVID-19 tests](https://www.covid.gov/tests)
* **Test type:**Rapid antigen (saliva)
* **Cost:** Free
* **Appointment required:**No
* Process your results at home by following the instructions included with the test

**COVID-19 Testing Options that are covered by insurance or have a fee**

Pharmacies and Clinics – this is information may change based on supply

**Walgreens**

* **Test types:** varies by location
* **Appointment required:** Yes. Take a screening assessment and make an appointment online at [walgreens.com/findcare/covid19/testing](https://www.walgreens.com/findcare/covid19/testing).
* **Cost:** Pay at the time of testing, or cover with insurance. Walgreens advises customers to contact their insurer before getting the test to determine coverage. Out of pocket, PCR tests are $129 and antigen tests are $49.
* For more information: [walgreens.com/findcare/covid19/testing](https://www.walgreens.com/findcare/covid19/testing) or 800–925–4733

**Hy-Vee**

* **Test types:**PCR or antigen are available, self-administered
* **Appointment required:**Yes. Take a screening assessment and make an appointment online at [hy-vee.com/covidtesting](https://www.hy-vee.com/my-pharmacy/services/covid-19-testing).
* **Cost:** PCR tests are free; pricing varies for rapid antigen tests
* For more information: [hy-vee.com/covidtesting](https://www.hy-vee.com/my-pharmacy/services/covid-19-testing) or call your local Hy-Vee store

**UnityPoint Clinics**

* Multiple clinic and hospital locations in the metro.
* **Test types:**PCR, antigen and antibody
* **Cost:** Pay at the time of testing, or cover with insurance.
* For more information: [unitypoint.org](https://www.unitypoint.org/coronavirus.aspx) or 515-241-6212.

**MercyOne**

* Des Moines Pediatric Urgent Care, 330 Laurel St.; MercyOne East Village Urgent Care Clinic, 1350 Des Moines St.; MercyOne South Des Moines Urgent Care Clinic, 6601 S.W. Ninth St. Des Moines.
* **Test Type:** PCR
* **Appointment required:**Yes, if you have a primary care provider. No appointment required at Urgent Care facilities (first-come, first-served)
* **Cost:** Pay at the time of testing, or cover with insurance.
* For more information: [mercyone.org](https://www.mercyone.org/health-and-wellness/health-answers/covid-19-what-you-need-to-know/covid-19-testing/) or 515-247-3121

**Broadlawns Urgent Care**

* Three locations: 580 S.W. Ninth St., Suite 100, Des Moines; 2508 E. University Ave., Des Moines; East Building, first floor, 1801 Hickman Road, Des Moines.
* **Test Type:** PCR
* **Appointment required:**No
* **Cost:** Pay at the time of testing, or cover with insurance.
* For more information, visit [broadlawns.org/coronavirus](https://www.broadlawns.org/coronavirus) or call 515-282-2200.

**DoctorsNow Walk-In Care**

* Locations at 3770 Eighth St. S.W., Altoona; 8779 Northpark Court, Johnston; and 640 S. 50th St., No. 1100, West Des Moines
* **Test Type:** PCR, rapid antigen
* **Appointment required:**Typically, yes. First, a virtual visit must be scheduled at [www.solvhealth.com](https://www.solvhealth.com/covid19#book-a-video-visit) which will then lead to a scheduled in-person testing appointment. DoctorsNow also occasionally offers pop-up COVID-19 testing. Times and locations can be found at [doctorsnow.com/popup](https://www.doctorsnow.com/popup).
* **Cost:** Pay at the time of testing, or cover with insurance
* For more information: [www.solvhealth.com](https://www.solvhealth.com/covid19#book-a-video-visit)

**Exemplar Care**

* 7300 Westown Pkwy #330, West Des Moines; Des Moines Airport for ticketed passengers only
* **Test Type:** PCR, Rapid antigen
* **Appointment required:**Yes
* **Cost:** Pay at the time of testing, or cover with insurance.
* For more information: [www.exemplar.care/test](http://www.exemplar.care/test) or 515-650-4370

**Primary Health Care**

* 2401 SE 14th St. Des Moines.
* **Test Type:** PCR
* **Appointment required:**No. Upon arrival individuals will be asked to fill out paperwork and go through an initial screening by a nurse or physician.
* **Cost:** Pay at the time of testing, or cover with insurance. If a patient does not have insurance, financial assistance is available.
* For more information: phciowa.org

Your personal medical provider

* Call in advance for information and instructions
* **Cost:** Pay at the time of testing, or cover with insurance. Child*Serve* insurance, and most insurance, pays 100% for COVID testing.

**Reminder: Proof of your test results must be reported/shared with your supervisor. (Options include forwarding the email with your name included, screen shots, photo of your face next to the test, etc.).**