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**TO:** LifeStream Associates

**FROM:** Donna Taylor,  
Chief Operating Officer

**DATE:** February 19, 2021

**SUBJECT:** Required COVID-19  
Testing Schedule  
For the Week of 2/21/21

LifeStream continues to proactively monitor for positive COVID-19 cases in both our Residents and our Associates. With the County’s COVID-19 positivity rate at 12.5% ([per ADHS](#)), we have increased our testing frequency for our Skilled Nursing Communities.

**All Associates who regularly work at LifeStream at Cook Health Care and LifeStream at Sun Ridge are now required to test two times per week – with three days between each test.** At this time, all other Associates that do not work in areas noted above, will have a testing frequency of once-per-week.

**IMPORTANT NOTES:**

- All Associates **MUST bring their health insurance card** with them to each test.
- **Even if you have been vaccinated**, you must continue to be tested each week at the required frequency noted in the schedule.

| LifeStream Community            | Required Testing Frequency                                 | Scheduled Testing Day(s) and Time(s)   |
|---------------------------------|--|--|
| LifeStream at Cook Health Care  | Two times per week<br><i>(With 3 days between testing)</i> | <ul style="list-style-type: none"> <li>• Monday, 2/22 – 2-6 p.m.</li> <li>• Thursday, 2/25 – 2-6 p.m.</li> </ul> |
| LifeStream at Sun Ridge         | Two times per week<br><i>(With 3 days between testing)</i> | <ul style="list-style-type: none"> <li>• Monday, 2/22 – 6-9 a.m.</li> <li>• Thursday, 2/25 – 6-9 a.m.</li> </ul> |
| LifeStream at Northeast Phoenix | One time per week  | <ul style="list-style-type: none"> <li>• Tuesday, 2/23 – 10:30-11:30 a.m.</li> </ul>                             |
| LifeStream at Thunderbird       | One time per week  | <ul style="list-style-type: none"> <li>• Tuesday, 2/23 – 12:30-4:30 p.m.</li> </ul>                              |
| LifeStream at Youngtown         | One time per week  | <ul style="list-style-type: none"> <li>• Monday, 2/22 – 2-6 p.m.</li> </ul>                                      |

- Continued -

### Can I be tested outside these dates and times?

Yes! You are welcome to be tested outside of these times at a testing location of your choosing. Here are two good outside testing resources we've gathered for you.

**ASU Saliva Test** - <http://bit.ly/SalivaTest-ASU>

*Note: You'll need to set up an account to register for their testing locations. The "Agency Code" is SALIVATEST. The closest location on this side of town that many Associates already use is at Cardinal Stadium - currently testing on Wednesdays and Saturdays.*

**CVS, Walgreens, Sonora Quest, etc.** - <https://www.azdhs.gov/>

*Simply visit this link to Arizona Health Department of Health Services. You'll see a map with "COVID-19 Testing Locations." Simply enter your address or zip code in the search bar and the closest locations will appear.*

*Note: While we welcome you to be tested at our Communities during your scheduled shift, unless otherwise noted, any outside testing locations must be completed on your time outside of scheduled shifts.*

### Are there any fees charged for outside testing?

While the cost for the COVID-19 test should be covered by insurance, you will be responsible for any out of pocket expenses that may be charged. PLEASE NOTE: Associates must bring their insurance cards with them to each test.

### Where do I send my results?

Once you have obtained your results, you are responsible to email your results to [TestResults@LifeStreamLiving.com](mailto:TestResults@LifeStreamLiving.com). *NOTE: The results must be received before the end of the mandatory testing cycle. (Our testing cycle is Sunday through Saturday, with the next cycle starting on February 21 and ending on February 27). **NOTE: This week's test results must be received by February 27, 2021.***

### Other Questions?

Should you have any questions about your testing schedule, please reach out to your Community's Executive Director. Questions can also be directed via email to [info@LifeStreamLiving.com](mailto:info@LifeStreamLiving.com) or by phone at 623-933-8753. We will continue to keep you updated on the testing results as we receive them.

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To be updated regularly on the most recent COVID-19 communications, subscribe to our email distribution list at: [www.LifeStreamLiving.com/covid-19-updates](http://www.LifeStreamLiving.com/covid-19-updates)