

Where to find COVID-19 Resources

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Hi, and welcome to the SCHOOLCARE snippet on COVID-19 resources. My name is Chris Glenn and I'm one of the group relations specialists here SCHOOLCARE.

I'm so glad to be able to share some valuable information with you during the COVID-19 pandemic. Let's jump right in. First, we'll start at our website schoolcare.org and as you can see at the top of the page our scroll says explore the latest news and resources including updated COVID-19 information. I'll click learn more and that will bring me to the SCHOOLCARE news page. You'll find at the top of the page COVID-19 information which includes vaccine information, national and state resources, and virtual medical and behavioral healthcare through MDLive. Keep in mind this information may change and we will do our best to keep it updated as we hear more.

I'll now click into the first article titled everything you need to know about your screening and testing options. As we move down the page, we provide information from what's my coverage specific to diagnostic visits, testing, and treatment. Again, keep in mind that these dates may change, and we will do our best to keep the information as updated as possible.

Down below we have a section on *when did I check my symptoms?* which provides a link to the Cigna coronavirus resource center. I'll click this in just a minute further down you can also find out where to get tested you can click this link here to learn more about testing centers or how to access testing at home. As always if you have a question on your benefits or your coverage we advise to login at myCigna.com or you may contact Cigna using the number on the back of your ID card.

Moving back up the page, I'll now click into the Cigna coronavirus resource center link. This opens a brand-new web page to find the individuals and families' button. Clicking that will bring you also to a new page where at the top you'll find it provides another option to check your symptoms. Once you click get started it'll ask you different questions about your symptoms and about your risks and then it will give you some advice on if you should obtain a test or not.

Further down it reviews your COVID-19 care and coverage while also providing some frequently asked questions that have been coming up during the pandemic. Down below you'll find some questions on what to do if you're feeling sick and the first item if you click into *what should I do if I'm experiencing symptoms or think I've been exposed to COVID-19?* this provides information on contacting your primary care physician. This would be used if you're experiencing any symptoms or if you think you've been exposed it also provides information on how to get tested.

Moving back to the SCHOOLCARE website I will now click on the myCigna.com link. Once logged in you can see the *Welcome Christopher* and then the message assesses your COVID-19 risk and learn how to get testing if needed. By clicking the learn more button it gives you another location to assess your symptoms. Here at SCHOOLCARE we recommend contacting your primary care physician or if you currently do not have a primary care physician you can also utilize telehealth to speak with a provider to advise you if you should obtain a test or not based on your symptoms.

Further down the page you can find information regarding diagnostic visits, testing Information, and treatment details this is the same information found on the coronavirus resource page which you can also access from this screen by clicking this link. I'll now head back to the home page and close it out from here.

I want to thank you again for joining us today to review the CPVID-19 available resources. If you have any additional questions, please feel free to reach out to Cigna or the SCHOOLCARE office. Thank you and have a great day!