

Where to find COVID-19 resources: Snippet series

Chris Glenn, Group Relations Specialist

Hi and welcome to the SCHOOLCARE snippet on COVID-19 resources. My name is Chris Glenn and I am one of the group relations specialists here at school care. I'm so glad to be able to share some valuable information for you during the COVID-19 pandemic. Let's jump in.

First, we'll start at our website schoolcare.org and as you can see at the top of the page it says explore the latest news and resources including updated COVID-19 information. I'll click learn more and that brings 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 health care with 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 or treatment. Again, these dates may change but we will do our best to keep the information as updated as possible.

Then we have a section on when I should check my symptoms which provides a link to the Cigna coronavirus resource center which I'll click in in just a minute. Further down you can also find out where to get tested. You can click this link [click here](#) to learn more about testing centers or how to access testing from home. As always if you have a question on your benefits or your coverage, we advise login to mycigna.com or you can contact Cigna at their number 1-800-244-6224.

I'll go back up and click into the Cigna coronavirus resource center link here. This opens a new webpage which I'll move down the page and click on individuals and families. The first item provided gives you another option to check your symptoms and this will give you some advice on if you should obtain a test or not. Further down it reviews your COVID-19 care and coverage and provides some frequently asked questions that have been coming up during the pandemic. You'll find questions on what to do if you're feeling sick which the first item, they review is contacting your primary care physician. This would be for if you're experiencing any symptoms or if you think you've been exposed. It also provides information on how to get tested at a center or at home.

Moving back to the SCHOOLCARE website and I will click on mycigna.com. Once logged in you can see at the top welcome Christopher and then the message Access 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 maybe if you currently do not have a primary care provider you can utilize telehealth to confirm if that provider advises if you should obtain a test or not. Then further down you can find information regarding diagnostic visits, testing information, and treatment details. This is the same information found on the Coronavirus Resources page which you can also access from this screen.

Now I'll head back to the home page and close it out here.

I want to thank you for joining us today to review the COVID-19 available resources and if you have any questions please feel free to reach out to Cigna or the SCHOOLCARE at our office.

Thank you and have a great day