



Health check

Staying healthier on and off campus during COVID-19

This school year, you're facing tough challenges. You may be back on campus and trying to practice physical distancing while still participating in campus life, or you may be home taking virtual courses. Either way, staying as healthy and as safe as possible is important. And we're here to do everything we can to help you.

Let's start with a few steps you can take to protect yourself and others:

- Stay at home or in your room if you're sick, except when you have to get medical help.
- Practice physical distancing and stay away from people who are sick.
- Avoid touching your face and wear a face covering when you're in public.
- Wash your hands often — and for at least 20 seconds each time.
- Disinfect surfaces frequently.
- Follow all guidelines from local and state public health authorities and the federal Centers for Disease Control and Prevention (CDC).

Stay healthier with virtual care

If you're sick, you can meet with a doctor anytime by phone or video, so you can protect yourself and others.

Check your symptoms

You may have mild to no symptoms of COVID-19 and still be carrying the virus. Symptoms can appear 2 to 14 days after exposure and may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Know your coverage

Just confirm your telemedicine benefits on your school's page at **AetnaStudentHealth.com**. You can review your plan details there or by calling the number on your Aetna® member ID card.

Use telemedicine services

You can work with your provider to use telehealth services to have your appointment virtually.

Plus, you can meet with a Teladoc® doctor 24/7 by phone or video and with mental health professionals by video, if those services are included in your plan.

Make an appointment:

- Through the Aetna HealthSM app
- Online at **Teladoc.com/Aetna**
- By calling **1-855-Teladoc (1-855-835-2362)**

Talk to a nurse 24/7

If you aren't sure what to do, if you can't reach your primary care physician or if the campus health center is closed, just call the Aetna 24-Hour Nurse Line at **1-800-556-1555 (TTY: 711)**.* They can assess your symptoms and help you with next steps.



Visit **Aetna.com/COVID** anytime for all your COVID-19 concerns and questions.

*While only your doctor can diagnose, prescribe, or give medical advice, 24-Hour Nurse Line registered nurses can provide information on a variety of health topics.

Student health insurance plans are insured by Aetna Life Insurance Company (Aetna). Self-insured plans are funded by the school and administered by Aetna Life Insurance Company. In MD and NJ, student medical insurance is insured by Aetna Health and Life Insurance Company (AHLIC).

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