



# COVID-19 Stay Vigilant Self Check-in Tool

Take charge of your health + well-being

When a public health crisis and a social movement collide, staying vigilant about your health becomes an essential part of your activism.

As people spill onto city streets to demand justice, the increased likelihood of exposure to COVID-19 adds a layer of complexity to the fight for equality. The easy-to-use GetWell Loop™ Stay Vigilant Self Check-in Tool helps keep you, your family and your community safe with daily reminders to monitor your health.



## Whole person care

Access clinically reviewed, curated content that addresses physical safety, mental health and overall well-being.



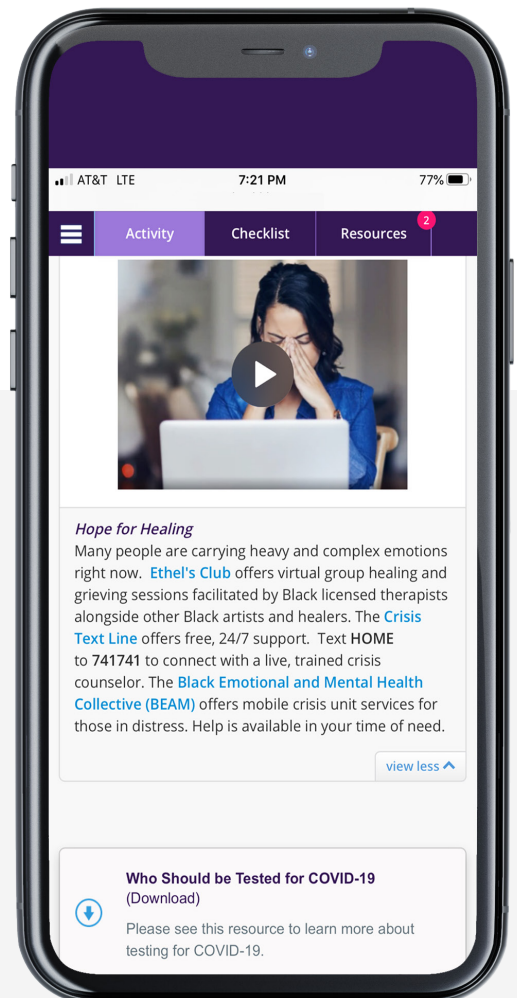
## Relevant information

Counteract misinformation and provide reassurance through trusted resources – many created by and for the Black community.

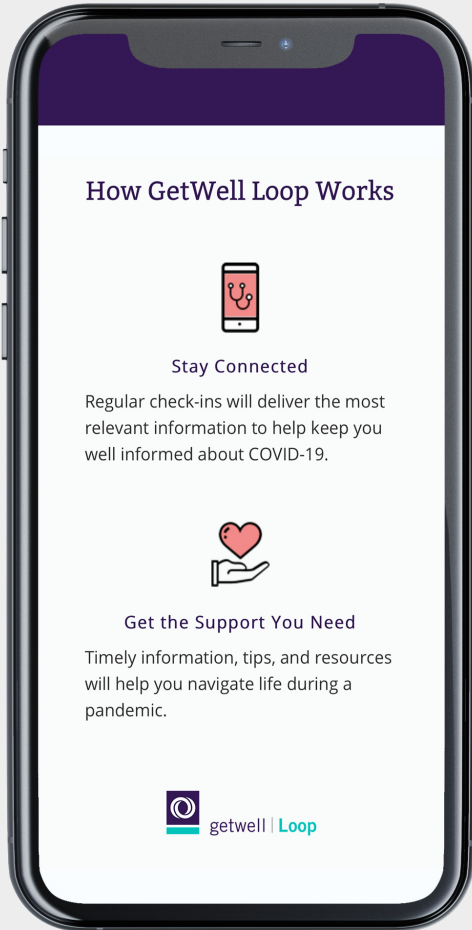


## Actionable guidance

Get timely tips and recommendations on what to do and who to contact if symptoms develop.



Sign up at [getwellnetwork.com/stay-vigilant](https://getwellnetwork.com/stay-vigilant)



### Who's it for?

Black Lives Matter demonstrators and journalists

### When should I use it?

During the virus incubation period following potential exposure

## Take charge of your health + well-being with the COVID-19 Stay Vigilant Self Check-in Tool on GetWell Loop

### Getting started

#### What is GetWell Loop?

GetWell Loop is a web-based tool that can be accessed through a computer or a smartphone.

You can also download the GetWell Loop app (optional) for iOS and Android.

#### How do I sign up?

Visit [getwellnetwork.com/stay-vigilant](https://getwellnetwork.com/stay-vigilant) to sign up.

Look for an email or text with a link and instructions for activating the five-day plan. It may take up to five minutes to receive the activation email.

#### How do I know when I need to check GetWell Loop?

You will receive automated daily emails or a text letting you know when there is new information to review or a new check-in to complete.

Click on the link provided, and use your username and password to login. Then follow the prompts to complete your daily check-in.

[getwellnetwork.com/stay-vigilant](https://getwellnetwork.com/stay-vigilant)