



May 7, 2020

Quil Health launches a new COVID-19 Preparedness Tool for plan members

Independence Administrators is committed to protecting the health of our plan members. During these uncertain times, we recognize it can be difficult for everyone to keep up with the latest health advice and to maintain a sense of normalcy.

To help our plan members navigate some of the challenges they may be facing during the COVID-19 outbreak, Quil Health — the digital health joint venture between Independence Health Group and Comcast — has developed a comprehensive COVID-19 Preparedness Tool at no cost to our plan members.

This free tool helps plan members take a break from the news. It contains important information that is updated daily based on new developments from trusted sources, like the CDC. Plan members will also find resources to help them stay healthy at home and adjust to new work/life balance realities.

Content is updated frequently, and users are always served the latest updates and most relevant content first.

COVID-19 Preparedness Tool features

Plan members will have access to:

- A "What's New" section highlighting daily updates
- Symptoms checklist and links to CDC recommendations
- Grocery shopping safety tips
- Tips to help prevent contracting the virus
- How to care for a loved one with the virus
- Self-care, stress reduction, and in-home exercise techniques and resources
- Working from home and homeschooling best practices

How to access the COVID-19 Preparedness Tool

Plan members can access the COVID-19 Preparedness Tool from their smartphones — by searching for Quil Health on the Apple App Store or Google Play — or from a web browser at app.quilhealth.com.

For those plan members who are also Comcast Xfinity TV subscribers, they can see select video content from the COVID-19 Preparedness Tool on their TV by saying "what happens next" into their Comcast X1 remote.

Invitation Code

In the coming days, Independence Administrators will send a Wire message to plan members with a unique invitation code to register for the Quil COVID-19 Preparedness Tool. Only plan members who are opted-in to receive Wire text-messages will directly receive the invitation code. If you choose to opt out of plan member messaging about this benefit, you can do so by informing your Independence Administrators Account Manager by **May 12, 2020**.