

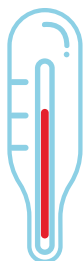
## FOR EARLY WARNING SIGNS OF COVID-19 CONTACT YOUR PHYSICIAN OR HEALTH-CARE PROVIDER

- 1 Enroll through **your** patient portal.



- 2 Email your health-care provider through the portal, or call the office and provide some details about your concerns.

- 3 Request a 3-month supply of prescriptions and supplies by speaking to your insurance company in order to avoid a break in taking your medications.



- 4 Consider purchasing a thermometer and pulse oximeter at a local drug store or online.