

COVID Companion

Get COVID Companion Now

Text THA to 67634 or scan this QR code with your camera app.



Know more, know better.

Getting used to the new normal that Covid-19 has created isn't easy. That's why Texas Health Aetna has partnered with CareSignal to introduce the Covid Companion—a free, text-based service providing daily guidance, updates and tips based on recommendations from the U.S. Centers of Disease Control (CDC).

Simple to use.

- + SMS-based content, shareable with your family, friends and community.
- + Information to help you connect to local public health resources.
- + Educational tips from CDC for preventing or living with COVID-19, based on your age and condition status.
- + Advice on masks, hygiene, social distancing, mental health.
- + Reminders about key symptoms and how to practice self-isolation in quarantine.

Simple to get.

It's not an app, so there's no download, login, computer or internet required. Just text THA to **67634** or scan the QR code (above) with your camera app. The service is also available in Spanish.

More information available at caresignal.health/covid/texas-health-aetna

Standard message or data rates may apply. This program will not send data to your doctor. It is not a replacement for medical care or emergency services. If you are sick and are starting to feel worse or short of breath, seek professional medical attention. In case of an emergency, call 911.

Health benefits and health insurance plans are offered and/or underwritten by Texas Health + Aetna Health Plan Inc. and Texas Health + Aetna Health Insurance Company (Texas Health Aetna). Each insurer has sole financial responsibility for its own products. Texas Health Aetna are affiliates of Texas Health Resources and of Aetna Life Insurance Company and its affiliates

(Aetna). Aetna provides certain management services to Texas Health Aetna. Self-funded plans are administered by Texas Health + Aetna Health Insurance Company. Aetna, CVS Pharmacy and MinuteClinic, LLC (which either operates or provides certain management support services to MinuteClinic-branded walk-in clinics) are part of the CVS Health family of companies.

