

# COVID Companion

**Total Healthcare is offering a free tool for patients and anyone in the Total Healthcare community. The tool offers guidance about COVID-19 using key recommendations from the U.S. Centers of Disease Control (CDC).**

- Designed to be used for anyone—healthy or sick.
- Sends educational tips for preventing or addressing COVID-19.
- Easily connects you to public health resources in your state.
- Available to share with your family, friends, and community.
- No download or login to use.
- No internet or computer required.
- More information available at [caresignal.health/covid/total-healthcare](https://caresignal.health/covid/total-healthcare)

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.

**Get COVID Companion Now**

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

