

COVID-19 PREPAREDNESS TOOL

The onset of COVID-19 completely disrupted the lives of many people across the world. Additionally, people are challenged with finding accurate, up-to-date, and actionable information regarding the pandemic. At Quil, we are passionate about helping individuals and their loved ones navigate today's chaotic healthcare landscape. That's why we are launching the COVID-19 Preparedness Tool.

This tool provides an action plan that contains the most important information and steps to take to support healthy living at home and adjust to new work/life balance realities. We invite you to download the app today.

The Quil COVID-19 Preparedness Tool provides:

- COVID-19 symptoms and CDC recommendations on what to do if you are sick
- Recommendations to support flattening the curve
- Tips to prevent contracting the virus, including household planning, grocery shopping safety and more
- How to care for a loved one infected with the virus
- Self-care, stress reduction and in-home exercise techniques and resources
- Best practices to improve productivity and focus when working from home

The COVID-19 Preparedness Tool will be updated daily to deliver new information and emerging best practices.

Get started today by visiting: ibx.com/covid-19.

Quil is the digital health joint venture between Independence Health Group (Independence) and Comcast NBCUniversal that delivers actionable and personalized health itineraries for patients and caregivers. Find out more: www.Quilhealth.com

