



THESE SERVICES ARE PROVIDED AT NO COST TO THE EMPLOYEE & THEIR ENROLLED FAMILY

COVID-19 SUPPORT

Talk to Grand Rounds, your personal health assistant, for assessment of symptoms, navigation to local resources for care, testing & guidance around the need to quarantine.

USE GRAND ROUNDS

Available 24/7
800-941-5948* or
Visit: grandrounds.com/schwans



ROUTINE MEDICAL CONDITIONS

Regular care that you would normally see a primary doctor for such as check ups, cold/flu symptoms, allergies, and prescription refills.

USE TELEHEALTH (Dr on Demand)

Available 24/7
Visit: DoctorOnDemand.com/bluecrossmn or download the mobile app



All medical services provided by Doctor on Demand will be at no cost to the member until July 1, 2020.

EMPLOYEES & THEIR FAMILIES ENROLLED IN THE SCHWAN'S HEALTH PLAN



MENTAL HEALTH

Support for stress, anxiety, depression or mental health conditions.

USE LIFEMATTERS

Available 24/7
855-887-3255 or
Visit: mylifematters.com
(password: SFC1)

OR

USE LEARN TO LIVE

Available 24/7
Visit: LearntoLive.com/partners
(Access code: SCHW)

Services provided by Learn to Live will be available at no charge to the member until September 20, 2020.



COMPLEX MEDICAL CONDITIONS

Talk to Grand Rounds, your personal health assistant, for support of treatment options and navigation for complex conditions such as chronic conditions like heart disease and diabetes.

USE GRAND ROUNDS

Available 24/7
800-941-5948* or
Visit: grandrounds.com/schwans

*Union employees will need to use the phone option for Grand Rounds services.



MENTAL HEALTH

Support for stress, anxiety, depression or mental health conditions.

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NOT
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IN A SCHWAN'S
HEALTH PLAN

LOCAL TELEHEALTH RESOURCES

For a list of local telehealth resources go to the Schwan's Benefits Website at
<https://benefits.schwanscompany.com>.
Once logged in you will go under the COVID-19 information page.

If enrolled in a health plan elsewhere, check if there are resources available thru your own health insurance.