



# COVID WATCH

## PATIENT INSTRUCTIONS

COVID Watch is a 14-day text-based program that can help you get the right care you need at the right time. Your text updates allow a dedicated team of nurses and doctors to monitor your progress. Working together we can get you the care you need. We are available 24/7.

### GETTING STARTED

You will first receive a welcome text. Please reply "Y" to begin the COVID Watch program.

Texts from COVID Watch will come from **29508**.

You will receive 2 check-in texts each day for the next 14 days.



### DAILY CHECK-INS

Every morning and afternoon, COVID Watch will send you a check-in message to see how you are feeling.

Respond: "A" if you are feeling better, "B" if you feel the same, "C" if you are feeling worse.

Reply **ONLY** with single letters as shown.

If you feel worse at any point, text "**WORSE**" and a Penn Medicine clinician will call you within 1 hour.



**PRIOR VERSIONS**

# COVID WATCH PROGRAM

## PATIENT INSTRUCTIONS

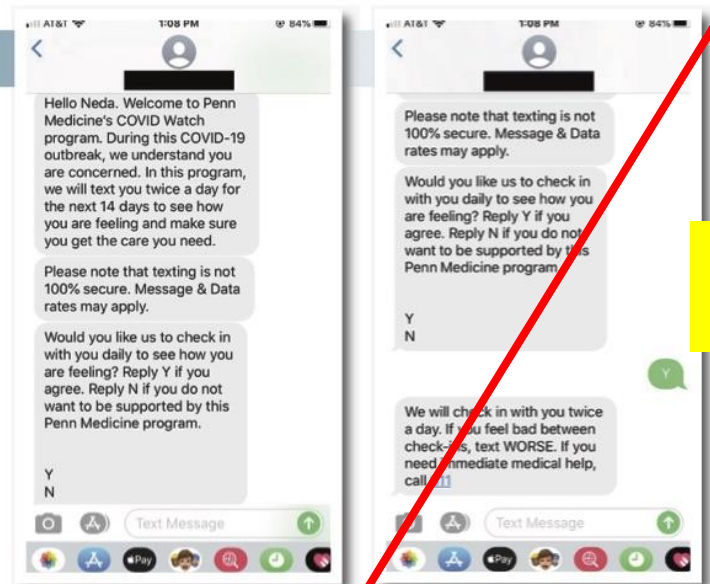
**COVID Watch** is a 14 day SMS text-based program that helps Penn Medicine keep track of your symptoms. It is monitored by a dedicated team of nurses and doctors invested in your health. Your participation in this program will help us get you the care you need.

### GETTING STARTED

Before you leave the ER, you will receive a COVID Watch welcome text. Please reply 'Y'.

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After you respond by texting "Y", you will receive 2 check-in texts each day for the next 14 days.



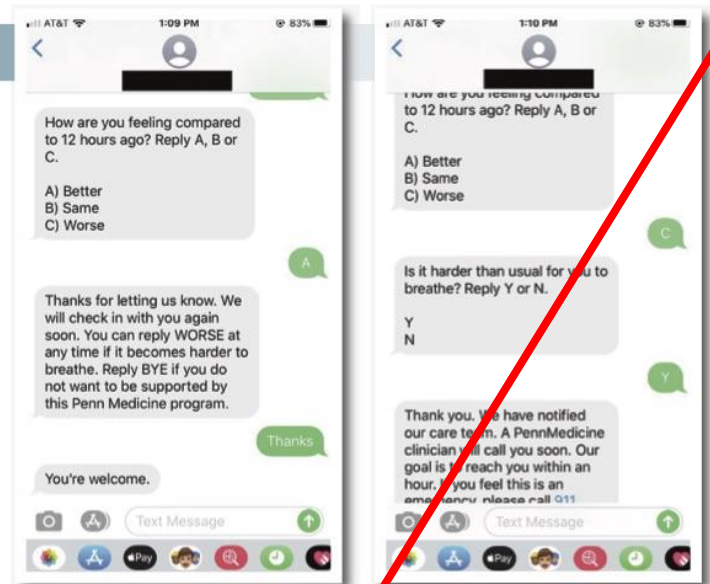
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If you feel worse at any point, text "**WORSE**" to **29598** and a Penn Medicine clinician will call you within 1 hour.





**DELETE THIS PLAGE**

**COVID Pulse will be another hand-out**

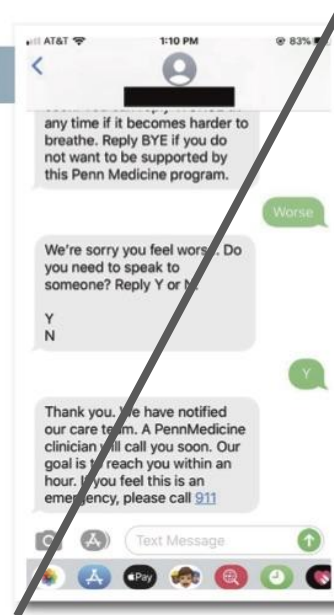
## CHECKING YOUR OXYGEN SATURATION

You may be asked to check your oxygen saturation (**SPO2**) using a pulse oximeter.

**Important:** walk in place quickly for 1 minute before measuring your oxygen saturation (SPO2). Always repeat to double-check the reading on your pulse oximeter device.

If your **SPO2** drops by 2 or more from your level in the ER, text **WORSE**.

If you notice a drop to 89 or below, return to the ER immediately or call 911.



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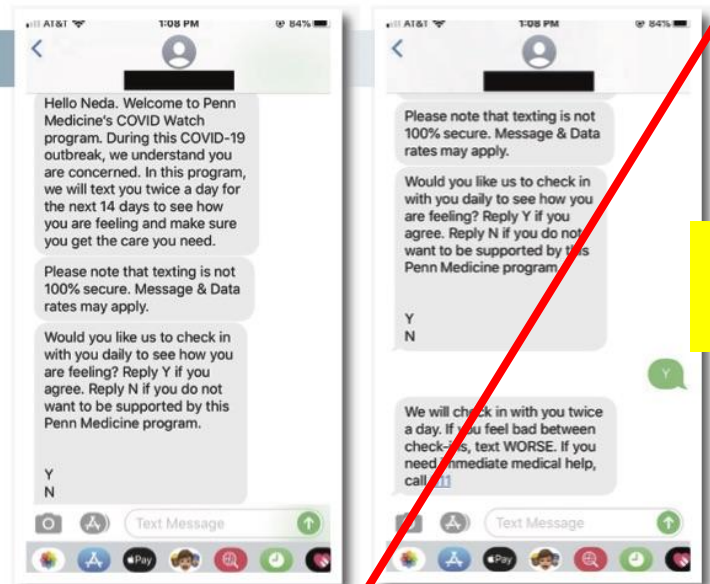
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