Hi Team

- We had a great P4 class meeting today to discuss all the final APPE and licensing paperwork. P2 class meeting is Friday at 10 AM.

- The UM Academic Innovation Group put together a cool guide for remote studying. I have attached the document. There are some good tips in there.

- Some of you may be thinking a lot more about health insurance these days... We found this for you:

Special Enrollment Period for Domestic Student Health Insurance Plan (DSHIP)

University Health Services has worked with BCN to open up a special UM DSHIP enrollment period during the COVID – 19 crisis. This afternoon, UM Students and families received the following message regarding this special enrollment period, dates of coverage, cost, and contact information for questions:

Greetings,

Given the COVID-19 outbreak, some students may have had their health insurance status impacted due to relocation from study abroad or by moving to a permanent residence. Having health insurance is especially important during this uncertain time, so we have been able to work with BCN to re-open enrollment for students in need. If you don’t have health insurance, please consider this option.

The coverage start date is March 23, 2020 and the insurance ends on August 23, 2020 (the last day for the 2019-20 plan). The cost is $713 for an individual student. Payment is due at the time of enrollment. Final day to enroll is April 6, 2020 at 11:59 p.m.

The insurance provides benefits for clinic visits, prescription drug coverage, mental health services, annual vision exam, hospitalization, emergency room care, ambulance service and dental care and more. Coverage is available throughout the U.S.:

- For in-network coverage in the state of Michigan, see a Blue Care Network participating provider.
- For in-network coverage outside of Michigan, see a Blue Cross/Blue Shield participating provider.
- The insurance is available to enrolled U-M students (including undocumented students) and their spouses, domestic partners and dependents on all three campuses.

To enroll please go to https://www.bcbsm.com/content/microsites/umich/en

- I keep mentioning the huge blood shortage... Have you donated yet? Apparently things are getting dire. If you are a big strapping person like me (or at least that is what I tell myself), you may be able to give a double donation of RBCs. The Red Cross calls it a Power Red donation. I did this last time. It took about ten minutes...
longer, but they get twice as much blood. No matter where you are now, you can give
nearby! https://www.redcrossblood.org/donate-blood/dlp/coronavirus--covid-19--and-
blood-donation.html

- This is cool! The University of Michigan Counseling and Psychological Services
developed a virtual "care package" for our students, included are ways in which to
stay connected during this time of physical distancing as well as resources on self-
care, the arts, music, sports etc. This is a live document that we will continue to add
to, edit, etc. They have some pretty funny stuff too. Check out this
link: https://docs.google.com/document/d/1u4I7hsSZfx1C-8YMviHs3ISbT7Avera7Zm7BZu4COU/edit?usp=sharing

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CAPS Mental Health Care Package: Coping with COVID-19 - Google Docs
docs.google.com

CAPS Mental Health Care Package: Coping with COVID-19 Just like you, the University of Michigan Counseling & Psychological Services (CAPS) is venturing onto a new path, a new reality associated with COVID-

-Speaking of CAPS, they will be able to take in new students, all on-going therapy sessions will happen over the phone or BlueJeans. CAPS is also maintaining 9am-5pm in person walk-in/crisis services.

- Finally, I have been calling my Mom every day during all this. She watches the news and gets worried by all the bad news. Who can you call today that is worried about you but has not heard from you for a week? Pick up the phone and call them!

BAM

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Electronic Mail is not secure, may not be read every day, and should not be used for urgent or sensitive issues