



Back-to-School Checklist:

Using Your Health Insurance

Save this checklist and refer to it throughout the school year.

Before classes start

- ✓ Connect with your school advisor and a LewerMark Student Advocacy Advisor
- ✓ Attend benefits orientation
 - (if offered by your school)*
- ✓ Log in to your LewerMark student account
- ✓ Download your health insurance ID card
 - Keep this on you at all times!*
- ✓ Ensure you are up to date on all vaccines
- ✓ Complete all required health screenings
- ✓ Locate nearby medical facilities
 - *Student health center*
 - *CVS MinuteClinic*
 - *Local health department*
 - *Hospitals and emergency rooms (ER)*
- ✓ Find an in-network doctor *Aetna network*
- ✓ Find a nearby pharmacy
- ✓ Begin filling medications

Throughout the school year

- ✓ Schedule your preventative care visit
- ✓ Access 24/7 virtual healthcare using Teladoc
- ✓ Access mental health care and resources
 - *Find a therapist through Teladoc Mental Health*
 - *Get support through Togetherall*
- ✓ Purchase dental and vision insurance through Lewerglobal *Optional*

If you have questions about your LewerMark student health insurance

Call LewerMark at **(800) 821-7710**

Chat with us at **lewermark.com**

Email **advisorsupport@lewermark.com**

In the event of an emergency

- **Call 911** if you need assistance from the police, fire department, or an ambulance to take you to the hospital
- **Call 988** if you are in an immediate mental health crisis or in distress