Your Plan administrator, ASEQ | Studentcare, has compiled some important information and resources on COVID-19 and your student coverage to provide you with support and up-to-date information during this time.

STUDENT PLAN FAQ

An FAQ for your Plan, addressing commonly asked questions about coverage during the pandemic, is available at www.studentcare.ca or www.aseq.ca.

Despite disruptions to in-person medical services, you can still use a number of your Plan benefits through virtual sessions with health practitioners. See the FAQ for details.

Please check back often—the FAQ will be continually updated as we monitor the situation.

HELPFUL RESOURCES ON COVID-19

Information on the status of the outbreak in Canada, symptoms, preventive measures, travel advisories, and more:

- Government of Canada
- World Health Organization

Information for travellers and Canadians abroad:

- Global Affairs Canada

Information for your province:

- Government of Alberta
- Government of British Columbia
- Government of Manitoba
- Government of Ontario
- Government of Quebec
- Government of Saskatchewan
PROVINCIAL TELEMEDICINE

Students in some provinces have access to free health services online or by phone. Find out more here:

**Alberta:**
- 811 Health Link

**British Columbia:**
- Doctor Network
- HealthLink BC 8-1-1

**Manitoba:**
- Health Links - Info Santé

**Ontario:**
- Ontario Telemedicine Network
- Telehealth Ontario

**Quebec:**
- Info-Santé 811

**Saskatchewan:**
- HealthLine 8-1-1

MENTAL HEALTH RESOURCES

You may be able to find resources to support your mental health during the pandemic:

- at your student Plan website at www.studentcare.ca / www.aseq.ca. Check what your Plan may have to offer in psychology coverage and other mental health services.

- through health and counselling services offered by your academic institution, where available

- through your provincial health services:

**Alberta:**
- Help in Tough Times

**British Columbia:**
- Virtual Mental Health Supports During COVID-19

**Manitoba:**
- Care for Your Mental Health

**Ontario:**
- Mental health online and phone supports

**Quebec:**
- Stress, anxiety, and depression associated with COVID-19

**Saskatchewan:**
- Mental Health and COVID-19