

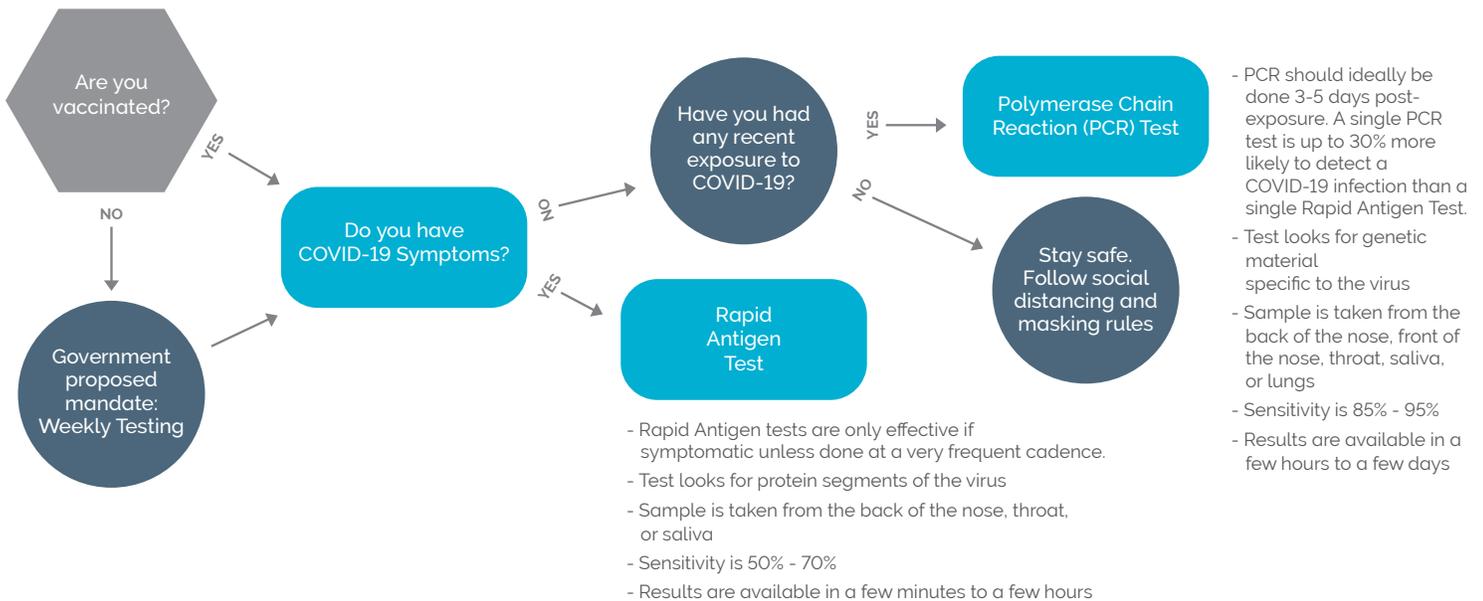
# How to Successfully Navigate COVID-19

Heed Health and Sema4 have joined forces to address widely experienced challenges related to COVID-19. Since the onset of the pandemic, these two companies have been at the forefront of the battle against COVID-19 and tackling challenges head-on to support organizations and local communities with the necessary resources to mitigate risks. Whether you are thinking about returning to the office or maintaining the wellbeing of the community you live in, Heed Health and Sema4 can help you separate signal from noise to make better decisions about what is right for you and your organization.

## What you need to know about Delta and other Covid-19 variants<sup>1</sup>

According to the CDC, the Delta variant is currently the predominant strain of COVID-19 circulating in the U.S. and is up to twice as infectious as previous strains of COVID-19. Currently authorized COVID-19 vaccines are highly effective in preventing hospitalization and death from the Delta variant. As the Delta variant surged in early summer of 2021, unvaccinated individuals were 4.5 times more likely than the fully vaccinated to get infected, over 10 times more likely to be hospitalized and 11 times more likely to die. Visit the CDC website for the latest authoritative information on the COVID-19 pandemic.

## When you should get tested for Covid-19<sup>2</sup>



## Government mandates on Covid-19 testing

Recently announced government mandates recommended increased testing as a key tool to identify infected individuals and prevent spread to others as well as masking to slow and contain the spread of the virus. Learn more [here](#).

## How to navigate Covid-19 strategically

If you are in charge of ensuring the safety of your community, you need an effective strategy and plan to successfully navigate COVID-19. Heed Health and Sema4 are here to help you achieve just that.

With a mission to be a trusted resource and partner for all in our battle against COVID-19, Heed Health's clinically backed team of medical and operational professionals provide the support you need to navigate at-risk situations in real-time, and the experience, creativity, and insights necessary to strategically help you plan for your future.

**Heed Health's COVID-19 testing, monitoring, and advisory solutions can help you adapt to any setting – workplace, wedding, schools, camps, individuals, to everything in between – so you can:**

- ✓ Implement COVID-19 testing strategy for your organization
- ✓ Monitor the health status of your group
- ✓ Safeguard sensitive employee health information
- ✓ Obtain medical advice from Heed's licensed providers

To this end, Heed Health partnered with Sema4, a patient-centered health intelligence company dedicated to advancing healthcare through data-driven insights, to help bring scientific perspective to the world of COVID-19. Sema4 also has state-of-the-art clinical laboratories from which it accessions tests.

**Sema4's comprehensive solution maximizes health and safety by providing cutting-edge digital capabilities to deliver a holistic testing program to enable fast, informed decisions. This comprehensive solution includes:**

- ✓ Efficient PCR testing for identification of the SARS-CoV2 virus with a 24-hour turnaround time
- ✓ Employer and employee portals for ease of ordering, reporting and tracking
- ✓ Dashboard of results that allows users to monitor results and trends
- ✓ Dedicated support team to help with questions and requests



[Watch](#) Sema4's CEO, Eric Schadt, discuss the global landscape of the COVID-19 pandemic and how Sema4 is helping to alleviate the burden.

### What Customers Say About Heed Health ☆☆☆☆☆

"We are a people business and putting our people and our patients first is one of our core values. HEED helped us craft a unique testing solution that allowed us to safely reopen and feel confident in providing patient care, while prioritizing the safety of our patients and our team members."

*Kristy B. VP of Marketing, MyOrthos*

"The health and safety of our students and faculty was our number one concern when reopening our school. Heed Health provided expert knowledge and convenient on-site testing that ensured the well-being of our community. Our partnership is the critical piece that allowed us to reopen our school safely."

*Kevin K, Executive Director, Kuei Luck*

### What Customers Say About Sema4 ☆☆☆☆☆

"Sema4 has stepped up in a major way to help Connecticut tackle the COVID-19 pandemic. As our state continues to safely reopen, Sema4's viral and antibody testing will be key to getting Connecticut's frontline workers back to work."

*U.S. Senator Chris Murphy (Conn.)*

"Sema4 helped us come up with a great plan to keep our students safe."

*Tracy Hardy, Co-director of Student Health Services at Rivier University*

1. CDC - Delta Variant: What we Know About the Science

2. CDC (2021). Interim Guidance for Antigen Testing for SARS-CoV-2. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html> Shmerling, R. (2021) Which test is best for COVID-19? Retrieved from <https://www.health.harvard.edu/blog/which-test-is-best-for-covid-19-202008102073>