

Need to see your doctor?

# SCHEDULE A VIRTUAL VISIT!

Telemedicine is a real-time virtual visit with your healthcare provider using your smart phone, tablet or computer to communicate.



## Telemedicine options:

- Sick visits
- Follow up visits
- Chronic care management such as diabetes management
- Patient education
- Mental health visits
- Urgent care needs that don't require physical exams

## Benefits of telemedicine visits:

- Convenience. Stay safe and comfortable at home. No travel costs or challenges.
- Reduced wait time.
- Less time away from work.
- Less risk of spreading or getting infectious diseases.
- Opportunity to discuss your symptoms with your healthcare provider and receive advice or medication to address your condition.
- Many insurance companies and employer-sponsored health plans cover virtual visits. Contact your insurance provider to check coverage and copays.
- Use a computer, tablet or smartphone (a camera feature, microphone and internet connection are typically required).

**Ask your doctor's office about telemedicine visits!**



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