

## Telehealth Offers Convenience for Non-Emergencies, Skin Concerns, and Behavioral Health

*Download the App Today*



### Ideal for Non-Emergency Needs

Telemedicine is convenient for any of the following **non-emergency needs**:

- Allergies
- Upper respiratory infection
- Flu
- Earache
- Skin rash
- Urinary tract infection
- Conjunctivitis
- Sinus infection
- Upset stomach

### Convenience

Take Advantage of a Telehealth visit with a credentialed doctor specializing in internal medicine, family practice, pediatrics, dermatology, psychology, or psychiatry. A virtual care visit enables you to see a provider through real-time technology using a smartphone, tablet, or computer that has a microphone and webcam. Benefits include:

- Immediate access to doctors 24 hours a day, 365 days a year
- No need to travel from work or home
- Secure and private two-way video chats with U.S. board-certified doctors and therapists
- Prescriptions sent to your drug store, if needed
- PCP copay or low deductible charge



### Behavioral Health Access Convenience

Telehealth behavioral health benefits are confidential and convenient. Book an appointment with a licensed therapist, psychologist or psychiatrist by phone, web, or mobile app and get confidential help for:

- Anxiety
- Depression
- Post-Traumatic Stress Disorder

Psychologists support you using talk therapy, while psychiatrists will also look for biological imbalances and can prescribe medicine as part of a treatment plan. It generally takes less time to schedule an appointment with a licensed therapist or psychologist.

Contact the telehealth provider to

(PTSD)

- Panic disorder
- Family and marriage issues
- Eating disorders
- Grief
- Substance abuse/Addiction
- Trauma resolution
- Work pressures
- ADHD
- Domestic Abuse

schedule your first appointment at least 48 hours in advance.

Appointments available M-F with a psychologist or psychiatrist from 9am-10pm.

## Enroll in Telehealth Before You Need Services

Enroll in your plan's program before you need services to avoid delays. You can do this by phone, website, or by downloading the application (app) from the App Store or Google Play. Enter your contact information, plan member ID, complete a brief medical questionnaire, and enter your credit card information for any copay or deductible charges.

Once registered, you can access the services when you need them. After your virtual visit, let your primary care provider know about the visit so they can provide follow up care if needed.

Take  
Action



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