

July Wellness News

Access the convenience of virtual care this summer

In the busy summer months, virtual care – also known as telehealth or an e-visit – is a quick and easy way to get care for many common conditions. You can connect with a provider from your computer or mobile device to get a diagnosis, treatment plan, and prescription (if needed). Many clinics offer virtual visits.

Start a visit at your convenience for conditions like:

- Allergies
- Bladder infection
- Cold and cough
- Ear pain
- Flu
- Migraines
- Pink eye
- Other non-urgent, common health conditions

The following resources give you online access to a provider from wherever you are, whether that be at home or during a summer getaway.

Resource #1: Amwell

Amwell* is a 24/7 online clinic available in every state that offers video visits for common medical conditions as well as therapy or psychiatry services for behavioral health concerns such as anxiety, depression, and stress (covered under your plan as a behavioral health office visit). You can connect with a board-certified doctor or nurse practitioner using the web or mobile app.

Sign up for Amwell, select a doctor, and start your visit. The doctor will review your history, answer questions, diagnose, treat, and prescribe medication (if needed).

Learn more: [Amwell.com/cm](https://www.amwell.com/cm)

*Amwell offers other online services, but is not an in-network provider for those services with your plan. You can use the additional services, but you will pay the full cost of the service.

Resource #2: Clinic virtual care services

Many clinics also offer virtual care, online care, or e-visits. Check with your clinic to see if it offers virtual care and how you can connect with your provider online, or visit [Medica.com/FindCare](https://www.Medica.com/FindCare) to see your virtual care options.