

## Skip the clinic trip with online care

Save time and money by getting treated right from your smartphone, tablet or computer. Your plan covers two options.

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### Questions about benefits?

We can help. Call Member Services at **952-883-5000** or **800-883-2177**.

#### Virtuwell® (online questionnaire)

- **Easy.** 99% of Virtuwell users say it's simple and 98% highly recommend it. Answer a few questions at **virtuwell.com** anytime, anywhere.\*
- **Fast.** In about one hour, get a treatment plan and prescription. Nurse practitioners treat more than 60 common conditions. You could save an average of 2.5 hours by using Virtuwell and avoiding in-person visits.
- **Guaranteed.** You get three free visits for each family member as part of your medical plan. It only counts if Virtuwell can treat you. Plus, unlimited follow-up calls about your treatment are free. If you need to come in person, we will let you know, but it's not usually needed.

#### Doctor On Demand (video chat)

- **Convenient.** Get started when and where it works for you at **doctorondemand.com**. Video capabilities are required.
- **Quick.** See a doctor in minutes. Live video visits include assessment, diagnosis and prescriptions when necessary.
- **Affordable.** A visit to treat conditions like colds, the flu and allergies costs \$59 or less.\*\*



The next time you're sick, your health plan has affordable options to help you get better, faster.

**Julie, RN, Nurse Navigator**

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\*Available anywhere in the U.S. to residents of AZ, CA, CO, CT, IA, MI, MN, NY, ND, PA, SD, VA and WI.

\*\*The cost for behavioral health services varies depending on the services provided and duration of service