



There when—and where—you need us  
Telehealth makes getting care more convenient.

Did you know that many health care appointments, from primary care to mental health visits, can take place virtually? Get the care you need—quickly and easily—with telehealth. It can help you get well faster, all while saving time and money.



Regence

## Telehealth is:



**Convenient**—Whether you catch a bug on the bus ride home or are struggling with anxiety during a business trip, you can have a virtual visit with a medical or mental health provider by phone, by video or through an app anywhere, anytime.



**Quick**—Average waits are under 10 minutes, so you can spend less time away from work in a waiting room. Avoiding traffic is a big time saver, too.



**Cost effective**—Because virtual visits are more affordable than in-person ones, especially in-person visits to an ER or urgent care center, you could significantly lower your out-of-pocket costs.



**More than a nurse line**—You'll receive care from board-certified medical or mental health providers, who can diagnose and treat non-emergency medical and mental health conditions. They can also prescribe medications, if necessary, and share treatment information with your primary care provider.

You may even be able to have a virtual visit with a provider you've already established care with, if that provider offers telehealth. Whoever you see will be experienced at delivering care virtually using a secure, HIPAA-compliant platform.

## Care for many conditions

### A virtual visit can address many health concerns, including

Addiction

Allergies

Anxiety

Cold and flu

Constipation

Depression

Ear infection

Headache

Nausea

Pink eye

Rash

Sinus infection

Social anxiety

Sore throat

Sunburn



## Get started with telehealth

Ask your doctor if they offer telehealth today.



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