

Your Health. Connected.

You've got options when it comes to remote care. Get care wherever, whenever.

Download the MyHealth+ App to get started or use the web version:

intermountainhealthcare.org/MyHealth.

THE DOCTOR IS ALWAYS IN WITH INTERMOUNTAIN CONNECT CARE®.

Get urgent care 24/7 from home with virtual doctor visits for a \$0 copay (before deductible on the Traditional Plan, after deductible on the High Deductible Health Plan). Use Connect Care for:

- > Stuffy and runny nose
- > Allergies
- > Sore throat
- > Eye infections
- > Cough
- > Painful urination
- > Lower back pain
- > Joint pain or strains
- > Minor skin problems

The typical wait time is under 10 minutes, and you can save an average of \$400 per visit compared with the ER. Note: For true emergencies, call 911 or go to the ER.

- > In the My Health+ app select "Get Care," then "Get Care Now," then "Connect Care."

YOUR PAL IN FIGURING IT OUT—THE ALL-NEW SYMPTOM CHECKER.

You've certainly felt better, but what is it? We've got you covered. Our chat bot, Scout, asks questions through the symptom checker to guide you to the most appropriate level of care, which may include an eVisit. During an eVisit, a doctor will review your symptoms, chat with you through secure messaging, and then prescribe the appropriate course of care. When in doubt, use Scout!

- > In the My Health+ app, select "Get Care," then "Check Symptoms," then "Get started."

CONNECT TO A BETTER YOU WITH VIDEO VISITS FOR MENTAL HEALTH.

If there is one thing that is really great about telehealth, it's doing mental health visits from the comfort of your own home. Call **833-442-2670** to schedule an appointment or schedule through MyHealth+.

- > In the My Health+ app, select "Get Care," then "Book an appointment," then "Behavioral Health Connect Care" in the specialty dropdown. You can choose between a talk therapy (counseling) provider or a psychiatrist, who can prescribe medication.

Commonly treated MILD-TO-MODERATE issues:

- > Anger or Mood Swings
- > Anxiety
- > Attention Deficit
- > Bipolar
- > Depression
- > Insomnia
- > Panic Attacks
- > PTSD
- > Stress
- > Substance Abuse/
Misuse

Not sure where to start? Try our free, 24/7 Nurse Line. Talk to a nurse about any condition to get advice on how and where to get care. Call **844-501-6600**.