



Care At Your  
Fingertips, 24/7

Telemedicine and Virtual Counseling from Central  
Indiana School Employees' Insurance Trust!

You now have 24/7 access to doctors and counselors via phone with telemedicine and virtual counseling. **Both services are provided to medical-enrolled employees and their covered dependents.**

 **Talk to a doctor 24/7**

Get treatment within minutes for minor injuries, illnesses, and prescriptions.

- Cough & Sore Throat
- Infection (Sinus, Ear, UTI, etc.)
- Skin Rash
- Muscle/Joint Pain
- Medication Refill\*

 **Talk to a counselor**

Sometimes, you just need someone to talk to. Talk to a licensed counselor to work through:

- Anxiety
- Depression
- Marital/Relationship
- Substance Misuse
- Workplace Issues

\*Doctors can write prescriptions when needed. Prescription costs are applicable to your medical plan.

"Always cordial, caring, and very upbeat! Thank you for making us feel better mentally as well as physically!" – Helen from Ohio

**Get the app** ↓



