

**DialCare offers convenient care for your body and mind.**



## HealthXpress MD Plan

Whether you're in need of relief from a cold, the flu or just need someone to talk to to address some anxiety, the HealthXpress MD Plan is there for you no matter where you are. Plan members will receive 24/7 doctor access via phone or video chat as well as virtual access to counselors from 7:00 a.m. to 10:00 p.m. seven days a week. Sign up and start getting the care you need when you need it.

### Telemedicine

DialCare Physician Access is a modern, easy-to-use telemedicine solution for non-emergency illnesses and general care. Members have direct access to state-licensed and fully credentialed doctors, via phone or video consultations, to receive treatment and advice for common ailments, including colds, the flu, rashes and more. When medically appropriate, a DialCare doctor may prescribe a short term, non-DEA controlled medication that they can pick up at the pharmacy of their choice.



Doctors are available 24 hours a day, 365 days a year, allowing members and their families convenient access to quality care from home, work or on the go.

*There are no applicable consult fees of any kind.*

#### When to use DialCare Physician Access:

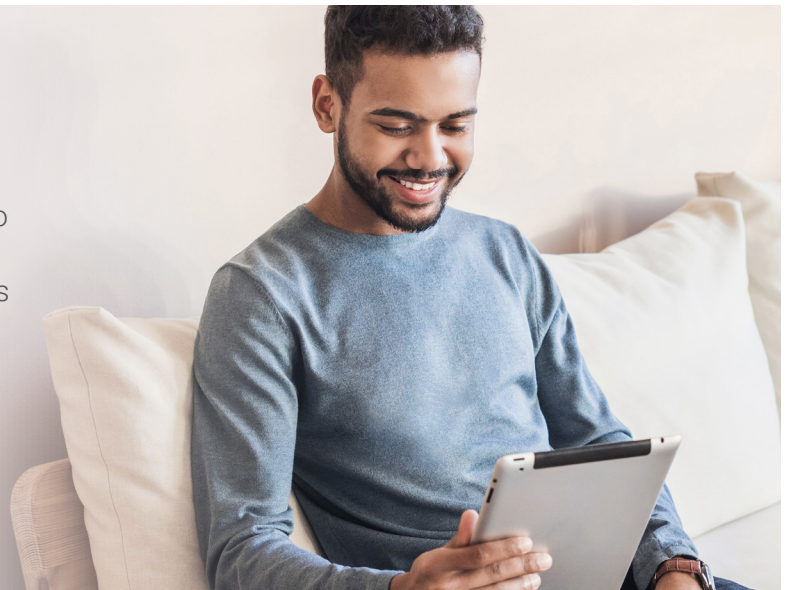
- For non-emergency medical issues and questions
- During or after normal business hours, nights, weekends and holidays
- If member lives a significant distance from a primary care doctor
- When a primary care doctor is not available
- When traveling and in need of non-urgent medical care or advice

#### What conditions can be treated?

- Allergies
- Fever
- Respiratory Infections
- Asthma
- Gout
- Sinus infections
- Bronchitis
- Insect bites
- Skin inflammations
- Cold & flu
- Sore throat
- Digestive issues
- Joint aches & pains
- Sports injuries
- Ear infections
- Rashes
- Urinary tract infections
- And more!

## Mental Wellness

DialCare Mental Wellness is a program designed to provide safe, secure and private means of seeking mental health assistance from licensed counselors via virtual or telephonic counseling sessions. This unique program offers an app-based interface, connecting members with our counselors not only over the phone, but via video chat as well.



DialCare Mental Wellness counselors can assist members with conditions such as depression, anxiety, grief, relationship problems and more.

### DialCare Mental Wellness is easy to use:

- Members can schedule an appointment with a counselor from 7 a.m. to 10 p.m., seven days a week.
- DialCare Mental Wellness counselors will reach out via phone or video chat upon request.
- Counselor appointments last for 30 minutes.
- Follow-up sessions may be scheduled for the member's convenience.
- Consultations are available in both English and Spanish.

### What conditions can DialCare Mental Wellness counselors treat?

- Depression
- Stress
- Eating Disorders
- Addiction
- Relationship problems
- Anxiety
- Grief
- And more

***A consult fee of \$45.00 applies to all consults.***

## Plan Options



### Member Only

\$19.95/month



### Member + Family

\$29.95/month

**Disclosure: THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.**

This plan is not available in Utah, Vermont and Washington.