

Care At Your Fingertips, 24/7

Telemedicine and Virtual Counseling

You now have access to doctors and counselors via phone or video with telemedicine and virtual counseling. Both services are provided to employees enrolled in the medical plan 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*

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

Talk to a counselor

Sometimes, you just need someone to talk to. Get short-term counseling to work through:

- Anxiety
- Depression
- Marital/Relationship
- Substance Use
- Work/Life Stress

Visits occur on your time! Get support via phone or video anytime between 8 a.m. to 8 p.m. Monday-Friday.

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

Get the app 



Use the last 4 digits of your SSN to log in.