



ACCESS TO VIRTUAL HEALTHCARE

What Are Virtual Visits?

Virtual visits offer you the opportunity to connect with a healthcare provider from work, home, or on the go. You can access these visits through any of your digital devices, such as a smartphone, tablet, or computer. UnitedHealthcare offers different types of virtual care based on what you need.

Provided by Optum Virtual Care



Virtual Primary Care

Regular primary care visits for your on-going health needs.

Normally good for:

- Preventive care
- Chronic illnesses
- Minor ailments
- Routine check-ups



24/7 Virtual Visits

Allows you to talk to a provider for common urgent care needs or when your primary care provider (PCP) is not available.

Normally good for:

- Non-emergency conditions
- Flu
- Fever
- Sore throats



Virtual Behavioral Healthcare

Talk confidentially to a psychiatrist or therapist without leaving your home.

Normally good for:

- Stress management
- Depression
- Anxiety
- Grief

Get Started

1. Register at myuhc.com or sign into your account
2. Go to **Coverage & Benefits** and select **Medical**
3. Search **Virtual Visits**

Download the
UnitedHealthcare App



BENEFITING YOU
— at every stage —