

# Explore your virtual care options

Find care anytime, anywhere with **Sydney Health**



## Visit with a doctor at your convenience

Finding care when you need it matters. That's why our **Sydney<sup>SM</sup> Health** app connects you to a team of doctors ready to help you on your time. There are two secure ways to find no- or low-cost virtual care through our app:

### 1. Have a video visit or chat with a doctor without an appointment.

- Urgent care support for minor health matters, such as allergies, a cold, or the flu
- New prescriptions for things like coughs and sinus infections



Scan this QR code with your phone's camera to watch a video about virtual care.

### 2. Schedule a virtual primary care appointment.

- Routine care, including wellness check-ins and prescription refills
- Personalized care plans for chronic conditions such as asthma or diabetes

## Check your symptoms with the Symptom Checker

When you're sick, you can access the Symptom Checker on the Sydney Health app to answer a few questions about how you're feeling. That information is run against millions of medical data points to provide care advice tailored to you. This tool is available at no additional cost.

# 88%

of all virtual visits **resolve** the person's need<sup>1</sup>

## Download the Sydney Health app today

Text **SydHealth** to **268436**<sup>2</sup> for a link to download the app or visit **sydneyhealth.com**.



You can also download the Sydney Health app at Google Play<sup>TM</sup> or the App Store<sup>®</sup>.



Set up your account right away so it's ready when you need it.



<sup>1</sup> Healthcare Finance: Most consumers want to keep telehealth after the COVID-19 pandemic (April 12, 2021); healthcarefinancenews.com.

<sup>2</sup> Message and data rates may apply.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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