



24/7 DOCTORS BY PHONE SERVICE

What is Telemedicine?

- » Telemedicine a/k/a **“Doctors by Phone Service”** is quickly becoming an integral part of the healthcare environment.
- » Speak to a real live doctor **24/7/365**.
- » All doctors are **US Board Certified**, licensed to practice medicine and write prescriptions in the state the caller is located in.
- » Doctors have an average of **15 years experience**.
- » **100% HIPAA** Compliant.
- » Designed for **non-emergency care**; 71% of all medical visits today are non-emergency.



WHAT CAN BE TREATED

GENERAL CARE: Allergies · Asthma · Bronchitis · Cold and Flu · Ear Infections · Joint Aches and Pain · Respiratory Infection · Sinus Problems · and many more

PEDIATRIC CARE: Cold and Flu · Constipation · Ear Infection · Fever · Nausea & Vomiting · Pink Eye · and many more

EMPLOYEES:

- » Speak with a U.S. Board Certified Physician 24/7/365
- » \$0 consultation cost to speak to a doctor.
- » Avoid wait times at Doctors Office, Urgent Care and ER.
- » Save your co-pay, deductible and claim against your policy.
- » Avoid leaving work to go to the doctor. (national average of 4 hours missed work time)
- » Speak with a doctor anytime day or night.
- » Membership includes all dependents.
- » Get a prescription called into your local pharmacy.

EMPLOYER GROUPS:

- » Reduce costly visits to the doctor.
- » Reduce claims against your company health benefits policy.
- » AllyHealth includes Unlimited Consults with No co-pay or consultation fee. This is ZERO cost compared to \$140 doctor visits, \$158 urgent care visits and \$750 ER visits.
- » Reduce employee absenteeism and therefore reduce lost productivity.
- » Monthly reports on utilization and productivity savings.
- » Membership includes employee and all legal dependents.



MENTAL HEALTH & TELETHERAPY

Confidential and virtual access to counselors, therapists, and specialists, allowing you to be more proactive with your mental wellness, and nurture work-life balance.

Empower employees and their families to be proactive with their mental health and wellbeing, nurture work-life balance, and live happier and healthier lives.



HOW IT WORKS

Connect with a licensed therapist, counselor, psychiatrist, or behavioral health specialist from home, the office, or on the go - on your schedule - via phone or mobile app.

FEATURES INCLUDE

- ✓ 24/7 access to our network of experienced behavioral health practitioners
- ✓ Up to 10 **Free** talk therapy counseling sessions per year*
- ✓ Continued, long-term counseling sessions available at reasonable rates
- ✓ Psychiatrists and other behavioral health specialists available 24/7 on a fee for service basis
- ✓ Services are completely confidential
- ✓ Access from the privacy of your home or office - when and where you need it
- ✓ Available to you and your family members

COMMON ISSUES WE SUPPORT

24/7 access to experienced therapists, counselors, psychiatrists and behavioral health specialists to support many common issues, including:

- Addictions
- Eating Disorders
- Panic Disorders
- Stress
- Bipolar Disorders
- Grief and Loss
- Parenting Issues
- Trauma and PTSD
- Child and Adolescent Issues
- Life Changes
- Postpartum Depression
- Women's Issues
- Depression
- Men's Issues
- Relationship and Marriage Issues
- And more

*\$0 copay counseling sessions limited to ten sessions per family per year.

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\$12.50 PEPM

Includes Employee and their immediate family. (Zero Copay for Service)

This is available to all employees, Union, Part Time, Full Time, and Retirees. This is service, not a health plan.

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