

MMO TELEHEALTH SERVICES

Telehealth appointments allow you to connect with a healthcare provider and obtain needed care through live video chats using a computer or mobile device.

TELEHEALTH SERVICES AVAILABLE TO YOU

To see what services are available and covered under your plan, check your benefits in My Health Plan or call Customer Care using the number on your ID card.

MINUTECLINIC® VIRTUAL CARE

MinuteClinic offers virtual healthcare visits (both scheduled and on demand) for adults and children 18 months and older. You can get convenient care, 24 hours a day, seven days a week, including holidays. MinuteClinic Virtual Care offers care for minor illnesses and injuries. (e.g., flu, allergies, infections, sprains and strains), skin conditions (e.g ., eczema and rashes), women's services (e.g., urinary tract infections and birth control consultations) medication refills. and more. Go to MinuteClinic.com/VirtualCare to learn more.

SONDERMIND®

SonderMind offers fast and convenient access to high-quafity mental healthcare.* With their easy-to-use portal. you can schedule either virtual or in-person sessions, message your therapist submit payments and view your progress over time. Therapy is available for individuals. couples and families of all ages, with over 40 specialties and 60 treatment approaches to meet your unique needs. Go to Sondermind.com to learn more and get started.

GROW THERAPY

With Grow Therapy you have access to a network of nearly 8,700 qualtfied therapists with a variety of license types, specialties and modalities. Narrow down your options to only those who fit yout preferences and find a time that fits your schedule. Most providers are available to meet within two days. Go to GrowTherapy.com to learn more.

HEADWAY

Headway helps you find the right therapits or psychiatrist at a price that works for you. They offer a diverse network of specialists supporting a wide range of mental health providers, practice types and care mediums. Go to Headway.co to learn more.

You can also easily access these services through your My Health Plan account at MedMutual.com/member.