

# Virtual Urgent Care and Talk Therapy services



Quality, cost-effective care on your terms

## Telehealth is a cost-effective and convenient way for members to access care when and where they need it.

MeMD® is fast, simple and convenient:

- Urgent Care providers are available 24/7/365 to treat common illnesses, and injuries.
- Talk Therapy for adults ages 18+ is provided by licensed counselors, social workers and therapists with sessions available in as few as 48 hours.
- Employees can access care via phone or computer in a matter of minutes.
- Urgent care providers can send electronic prescriptions to the member's pharmacy of choice\*.
- A Spanish-language portal removes barriers for Spanish-speaking employees.
- Employees get care on their terms and get back to work more quickly, while saving big on their visits.

### ■ Virtual Urgent Care is ideal for:

- Sore throat, cough, cold, flu, and fever
- Sinus infections
- Urinary tract infections
- Pink eye
- Diarrhea, vomiting, and nausea
- Skin infections, hives, and allergies
- Bug bites and stings
- Strains and sprains
- Cuts, abrasions, and burns

### ■ Virtual Talk Therapy is ideal for:

- Depression
- Anxiety
- PTSD
- Grief/loss
- Anger management
- Caregiver stress
- Stress management
- Relationships
- Sexuality issues

And much more!

## How it works

1. Members log on to MeMD to request a visit using their unique URL for Allstate Benefits.
2. First-time patients are connected with a care coordinator for a quick intake and to ensure the video connection is working, if requested or required.
3. Then, they meet with a medical provider who assesses their symptoms, recommends treatment and e-prescribes any needed medications.
4. The entire process is typically completed in 15 minutes.

MeMD® offers medical consultations, behavioral health counseling, and talk therapy services via telehealth to patients nationwide. Services are provided in accordance with state law by physicians, nurse practitioners, and other licensed professionals. When medically necessary, MeMD providers may prescribe medication that patients can pick up at a local pharmacy. Virtual Urgent Care visits are not a replacement for a primary care physician or annual physical exam.

The Self-Funded Program through Allstate Benefits provides tools for employers owning small to mid-sized businesses to establish a self-funded health benefit plan for their employees. The benefit plan is established by the employer and is not an insurance product. For employers in the Self-Funded Program, stop-loss insurance is underwritten by: Integon National Insurance Company in CT, NY and VT; Integon Indemnity Corporation in FL; and National Health Insurance Company in WA, CO, and all other states where offered.

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## Questions?

Call your Allstate Benefits – Group Health consultant today or call 877-225-5077.

