

# 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.

Walmart Health Virtual Care (WHVC) is fast, simple and convenient:

- Urgent care providers are available 24/7 to treat common illnesses and injuries.
- Talk Therapy for adults and teens ages 10+ is provided by licensed counselors, social workers and therapists with sessions available in as few as 48 hours<sup>1</sup>.
- Employees can access urgent care via phone or computer in a matter of minutes, or book a therapy visit that fits their schedule.
- Urgent care providers can send electronic prescriptions to the member's pharmacy of choice<sup>2</sup>.
- 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

And much more.

## How it works

Medical care is available 24/7, and therapy visits can be scheduled in as few as 24 hours.

Your provider will review your medical history, ask questions, and create a personalized treatment plan. Medical providers can e-prescribe any needed medications.

Urgent care visits are typically completed in 15 minutes, and therapy visits are scheduled for 50 minutes.

<sup>1</sup> Dependents under the age of 18 require a parent or guardian present for their first talk therapy visit. Talk Therapy is available for dependents ages 15 and older in IN, MO, and ND and dependents ages 16+ in MA and VT. | <sup>2</sup> WHVC (formerly MeMD<sup>®</sup>) 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, WHVC 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. Allstate Benefits is a marketing name for: Integon National Insurance Company in CT, NY and VT; Integon Indemnity Corporation in FL; and National Health Insurance Company in CO, WA and all other states where offered. For employers in the Allstate Benefits Self-Funded Program, stop loss insurance is underwritten by these insurance companies in the noted states.

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## Questions?

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

