

The Pulse Newsletter



BY THE NUMBERS



89 million

The amount of patients that are seen annually by urgent care clinics.



2.9 hours

Average amount of driving time (roundtrip) saved with a telehealth visit.

Source: National Cancer Institute

FOCUS

Virtual care

Whether you know it as telehealth, virtual care, or telemedicine, one thing is for sure: getting medical care and prescriptions has never been easier.

This month, we're discussing the convenience of virtually connecting with your doctors.



KNOW YOUR CARE OPTIONS?

Not sure of all the available care options within your health plans? This is your cue to review your benefits and understand where to get care.

DETAIL

Let's connect **virtually** with our doctors

By Isaac A. Cruz, Population Health & Wellbeing Consultant

Virtual care addresses a variety of health conditions, including allergies, cold/flu, pink eye, and sore throat. Many users find virtual care easier than going to a doctor in person and enjoy the consultation from their home. Virtual care visits are quick and easy, allowing patients to see and speak with their practitioner through a smart device.

Using virtual care during the winter season (when people are most likely to get sick) is suggested to avoid as many germs as possible. **While virtual care is an excellent channel of getting care, it is not the absolute option and is not suited to address chronic or severe conditions.** Remember, depending on the severity of your condition and symptoms, you may need to opt for a visit with your doctor in-person or visit an urgent care facility for additional services such as an x-ray or emergency medical needs.