

### **Save time and money:**

- Talk to a Board Certified Physician when the Student Health Center is closed
- No appointment necessary
- 13 minute average consult time
- No consultation fee for UHCSR members\*
- \$40 consultation fee for non-UHCSR members
- Avoid trips to the doctor's office, urgent care or emergency room
- Use whatever device is convenient - smart phone, tablet, computer, etc.\*\*

### **Did you know?**

**Over 70% of all emergency room, urgent care and doctor office visits can be safely handled over the phone.**

*\*When services are obtained during the policy effective dates.*

*\*\*Telephone services and/or video chat availability is determined by state requirements.*

HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose, and prescribe at their own discretion. HealthiestYou physicians provide cross coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state.



## **Remote Access to Licensed Medical Doctors with HealthiestYou**

We've partnered with HealthiestYou to provide you with round-the-clock access to board-certified physicians. When UHCSR member and non-member students are unable to visit the campus' Student Health Center, (e.g., nights, weekends, school holidays and travel) you can connect with a physician via phone and/or video chat\* using this nationwide telehealth service. During a physician consult, you will be able to speak to a physician for diagnosis and treatment of many different acute illnesses.

Healthiest You also offers notifications via smart phone app - students may receive a notification when they arrive at an Emergency Room or Urgent Care Center. This notification will serve to remind you of your telehealth benefit that allows you to speak to a doctor without having to sit in a waiting room.

For more information, call 1-855-870-5858  
or visit [www.telehealth4students.com](http://www.telehealth4students.com)

*Need a  
little help?*

*You are not  
alone.*



**Confidential**

**Personalized**

**Convenient**

**39%**

According to American College Health Association's 2017 survey, **39% of college students** report feeling so depressed that it was difficult to function and 1 in 5 are diagnosed or treated for anxiety.

Through BetterHelp, a national virtual counseling service, you can get the help you want, the way you want it. Starting on the effective date of your policy, you have access to Psychologists (PhD / PsyD), Marriage and Family therapists (LMFT), Clinical Social Workers (LCSW) and Licensed Professional Counselors (LPC). These professional licensed counselors will be available to you via ongoing text communications, live chat, phone, video or groupinars.

When you first visit the counseling website, you will be asked to register and complete a questionnaire that will request your UHCSR insurance information on your ID card, emergency contacts and your goals for accessing the service. The questionnaire will also ask you for counselor preferences (gender, specialty, etc.) to ensure you are matched with a practitioner that can help you meet your goals. Within 24 hours after completing the questionnaire, you will be contacted by a counselor to schedule an appointment and decide on a communication method that best suits your needs.

As an insured with **StudentResources**, there is no consultation fee for this service. Every communication with a BetterHelp counselor is covered 100% during your policy period.

Insureds must register at [www.counseling4students.com](http://www.counseling4students.com) to use BetterHelp services.

Non-insureds can now access BetterHelp, by clicking on "Get Started" and selecting "Registering for paid account".

