

INTRODUCING kavira.

Kavira offers a new healthcare experience for you and your family. With an experienced team of clinicians, you will receive same-day primary and urgent care via home visits and telehealth. No more unnecessary trips to the doctor – all care is provided through house or workplace visits and via the mobile app.

Kavira is not a replacement for health insurance, but an added benefit to help with everyday care needs. There are no copays, insurance hassles, or surprise bills. You can access all of Kavira's resources online (www.kavirahealth.com) or in the mobile app, including messaging, scheduling house visits, requesting prescription refills, and videochatting with Kavira providers. A Kavira provider will work with you to assess your symptoms and answer any questions you may have.

WHO CAN USE KAVIRA?

- If you are enrolled in one of the medical plans through the company, you will automatically have access to a Kavira membership.
- Your covered family members include:
 - Your spouse
 - Children (under age 26) – for children under age 18, Kavira requires care communication through the employee or spouse. For children over age 18, Kavira asks for them to download the app or call/text Kavira directly to receive care.

HOW DO I USE KAVIRA?

- Kavira will send out marketing brochures in the mail, information via email and may send text messages to introduce you to the Kavira benefit.
- Starting on the date your membership begins, it's encouraged to download the Kavira app, create your account, and fill out medical history form(s) as soon as you're able.
- Kavira can be accessed through:
 - Mobile App or Web Portal
 - www.kavirahealth.com/download
- Calling or texting the clinic phone number:
 - 763-373-3856

ARE THERE SERVICES NOT INCLUDED?

- While Kavira covers a variety of services and lab work, there are some services they cannot provide, including:
 - Emergency services or specialty care
 - Vaccines and controlled substance Rx's
 - Pelvic physicals, mammograms, and full pediatrician replacement

WHAT IS KAVIRA FOR?

- Kavira is here to help save you and your family time and money with your everyday care needs. Kavira provides convenient access to providers through chat, video and home visits for services including:

Acute Conditions We Treat:

- 1st degree burns
- Asthma
- Athlete's foot
- Bronchitis
- Bug bites
- Cold sores
- Cough, cold & flu
- Diarrhea
- Ear concerns (pain, drainage, wax)
- Hand, foot, mouth
- Insomnia
- Muscle or joint pain
- Pink eye
- Rashes
- Sprains and strains
- Sinus infection
- Sore throat
- Stitch removal
- Various viral illnesses
- Wart evaluation

Wellness / Preventive:

- Wellness exams
- Sports physicals
- Contraception
- Tobacco / nicotine cessation
- Wellness goals
- Nutrition counseling

Chronic Conditions We Treat:

- Acne
- Anemia
- Anxiety / Mild-moderate depression
- Asthma
- Constipation
- COPD
- Diabetes type 2
- Eczema
- Epi-Pen refills
- GERD / Reflux
- Gout
- Hair Loss
- High Cholesterol
- Hypothyroidism
- Obesity
- Osteoarthritis
- Seasonal Allergies

In-Home Imaging (non-emergency):

- X-Rays
- EKGs

Additional Services:

- 30 free labs
- 350+ free & discounted Rx's

AND MORE!

Note: Learn more at www.kavirahealth.com/labsandmeds.

This is not a comprehensive list of treatable conditions. Decisions to treat specific medical conditions will be based on patient medical history, complexity, and provider discretion.

In-home visits are only available for members that reside in the Kavira service area. Telehealth coverage is available throughout IA, MN, ND and WI.

Clinic Hours:

Chat & Video: Weekdays 8am-7pm & Weekends 10am-2pm

Home & Workplace Visits: Weekdays 8am-7pm