

VIRTUAL VISITS



When you're sick, the last thing you want to do is leave the cozy comfort of your home. Or sometimes you are away from home traveling when you need care. Virtual visits are a convenient and easy way to talk to a doctor fast - anytime, anywhere.

Virtual Visits

Beck provides virtual visit care to you and your dependents on Beck's medical plan. Multiple providers offer on-demand access to board-certified doctors through online video, telephone or secure email. A virtual visit with these providers lets you see and talk to a doctor from your phone, tablet or computer without an appointment.

Virtual providers can also call in prescriptions or refills to your nearest pharmacy.

How It Works

Search for virtual providers on your medical plan website or app. Select a provider and create an account on their website. Once you register and request a consult, you will pay your portion of the service costs according to your medical plan, and then enter a virtual waiting room. During your visit you can talk to a doctor about your health concerns, symptoms and treatment options.

What It Costs

Cost depends on what medical plan you are on:

- » Surest Plan: \$0 copay for healthcare visits, \$10 copay for mental health visits
- » Health Savings Account Plan: \$54 or less based on provider & medical issue, cost varies by provider for mental health visits. You will be shown the cost for care before you commit to your visit.

Use Virtual Visits When:

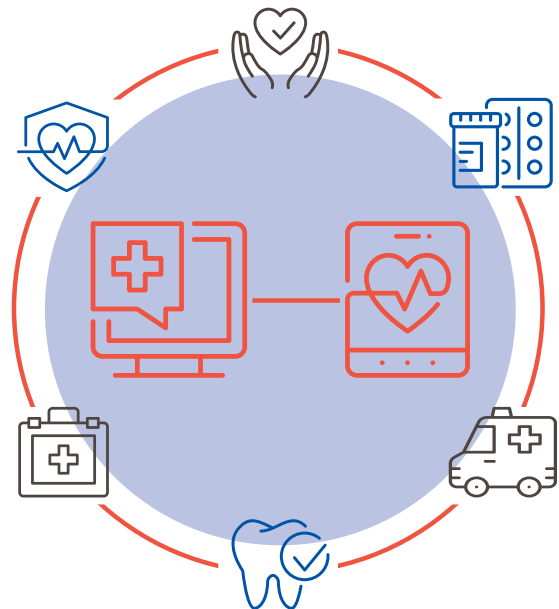
- » Your doctor is not available
- » After hours non-emergency care
- » You become ill while traveling
- » You are considering visiting a hospital emergency room for a non-emergency health condition
- » You are feeling stressed or anxious and want to talk with someone

Virtual Visits Commonly Used For:

- » Bladder infection/urinary tract infection
- » Cold/flu or stomachache
- » Pink eye or rash
- » Sore throat or bronchitis
- » Stress & anxiety
- » Post-partum depression
- » Trauma & loss
- » Depression, anxiety & stress

Not Good For:

- » Anything requiring an exam or test
- » Complex or chronic conditions
- » Injuries requiring bandaging or sprains/broken bones
- » Emergency care



Thoughts & Tips: Take 10 minutes now and set up your account with one of the virtual providers above. This way, when you aren't feeling well or need the benefit, your account is ready to go!