EMI HEALTH | VIRTUAL CARE OVERVIEW



$0 Copay

Virtual Urgent Care & Therapy Counseling

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24/7 Access to Virtual Urgent Care

When you're not feeling well, getting care should be simple. With EMI Health's telehealth benefit, you can speak to a licensed doctor anytime—day or night—by phone or video. No waiting rooms. No driving. And no copay.

See a doctor for urgent care needs:

- Acne / Rash
- Allergies
- Cold / Flu / Cough
- GI Issues
- Ear Problems
- Fever / Headache
- Insect Bites
- Nausea / Vomiting
- Pink Eye
- Respiratory Issues
- UTI's / Vaginitis

Download the Recuro App to book an appointment.

Now includes Therapy Counseling

Your plan now includes virtual therapy and counseling through Recuro at **no cost** to you. It's available to every member and covered dependents ages 14 and up.

Treated conditions include:

- Anger Management
- Anxiety & Stress
- Bipolar Disorder
- Sleeping Disorders
- Smoking Addiction
- Substance Abuse
- Grief & Loss
- ADHD / ADD
- PTSD
- OCD

How to get started:

1. Open the **Recuro App**
2. Choose **Therapy Counseling***
3. Pick your time and meet by video or phone

*Psychiatry visits and medication management also appear in the app, but they are not included in this free benefit. The first psychiatry visit costs $225. Costs for additional visits may vary.

Virtual urgent care is available 24/7 via phone or secure message. Therapy counseling visits may be limited to certain hours based on provider availability. Services are administered by Recuro Health and do not generate insurance claims. Most plans cover both virutal urgent care and therapy counseling. Be sure to check the Recuro Health app to confirm converage. Not for emergency care, call 911 in case of a life-threatening condition.

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