

Download AnywhereCare today! Be Prepared.

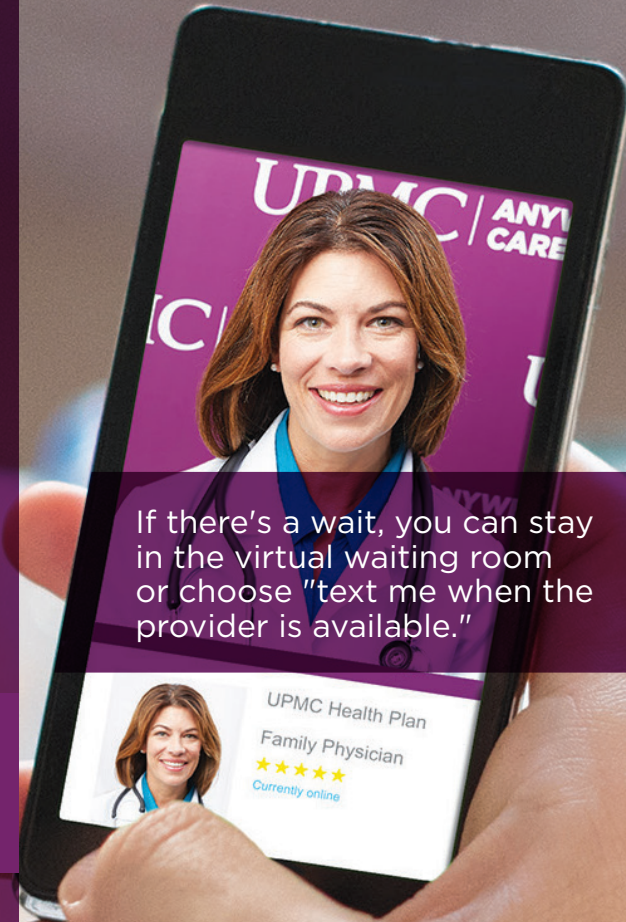
The UPMC AnywhereCare telehealth service offers medical care at your fingertips. If you have symptoms such as a sore throat, dry cough, or fever, often treated at an urgent care center or your physician office, you can reach a health care professional 24/7 without leaving home. Your smartphone, computer, or tablet is all you need.

DON'T WAIT to download the UPMC AnywhereCare app. It's easy! Go to **UPMCAnywhereCare.com** for simple instructions, including a **video**, about how to download the app.

UPMC doctors and nurses and other health care professionals can help evaluate you and tell you what to do next, whether it is a prescription or other follow-up care.

No out-of-pocket costs* for UPMC AnywhereCare for all UPMC Health Plan members until June 15, 2020.

UPMC HEALTH PLAN



If there's a wait, you can stay in the virtual waiting room or choose "text me when the provider is available."



Don't Wait!
Download the app today!

Need help downloading the AnywhereCare app or have questions about AnywhereCare or UPMC Health Plan, go to **upmchealthplan.com**.

UPMC Health Plan members may also call the UPMC MyHealth 24/7 Nurse Line to speak with a specially trained nurse at **1-866-918-1591**.

**GET FREE,
HIGH-QUALITY
HEALTH CARE
24/7**

COVID-19 prevention tips:

- Avoid close contact with people who are sick.
- If you're sick, stay home.
- Wash your hands often for at least 20 seconds.
- Practice social distancing.

Visit **UPMC.com** for additional treatment services available at UPMC.

Your wait time for UPMC AnywhereCare may be longer than usual due to increased call volume.

**For members of ASO/self-funded employer plans that have opted out of 100% coverage, standard cost-sharing under the plan will apply. While almost all of our Individual and Group plans include extensive telehealth benefits, some ASO/self-funded employer plans do not cover telehealth services. For members in qualified high-deductible plans, certain IRS limits may apply.*

Patients located in Pennsylvania at the time of the service will have a virtual visit with a UPMC-employed provider. Patients outside of Pennsylvania will receive care from a provider employed or contracted by Online Care Network II PC.

UPMC HEALTH PLAN

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