

# TELEHEALTH

## VISIT YOUR PHYSICIAN FROM YOUR HOME!

### WHAT IS TELEHEALTH?

Using your computer, tablet, or mobile device, you can access healthcare services without having to visit your physician's office. Through a built-in video camera and speaker, your physician can evaluate, diagnose, and care for you without stepping foot into their office.

You can use telehealth with your established Primary Care Physician or healthcare specialists.

### WHEN TO USE TELEHEALTH?

Telehealth is a popular option to speak with your physician from your home. It is frequently used for primary care and simple follow-up visits. Telehealth is not required, but you can opt-in to this service if it is more convenient for you and your schedule.

Instead of visiting the Emergency Department or an urgent care clinic, try a telehealth service for non-emergency situations.

#### Advantages of Telehealth

- Attend your appointment without leaving your home.
- In inclement weather, stay inside without having to miss or cancel your scheduled appointment.
- Save time driving to and from a physician's office.
- Avoid the risk of exposure to illness in an office setting.

#### Telehealth Options Offered by your Health Plan

- Primary Care Physician
- Physician Specialist Services
- Individual Sessions for Mental Health Specialty Services
- Individual Sessions for Psychiatric Services
- Opioid Treatment Program Services
- Individual Sessions for Outpatient Substance Abuse

Copays apply towards your telehealth appointment.

Telehealth is only available through PrimeTime Health Plan's in-network physicians.

**Before scheduling a telehealth appointment,  
please confirm your Primary Care Provider or specialist offers telehealth services as an option.**