



HERE FOR YOU 24/7

Turn to technology for on-demand care

Your fever doesn't care what time it is. Or what day of the week. Neither does your child's sore throat or your partner's sprained ankle. When you are sick or injured, **you want care now.**

A virtual (or video) visit is the answer for quick, easy access to health care — **no appointment needed.** When you have an **urgent, non-emergency health issue**, use your smartphone, tablet, or computer (with a camera and microphone) to connect to a medical professional. The provider can give you a diagnosis, suggest follow-up care, and prescribe medication when appropriate.

Virtual visits are ideal for symptoms such as:

- ▶ Abdominal pain
- ▶ Allergies
- ▶ Back pain
- ▶ Cough
- ▶ Diarrhea
- ▶ Eye infections
- ▶ Fever
- ▶ Headache
- ▶ Joint pain
- ▶ Minor skin problems
- ▶ Nausea and vomiting
- ▶ Painful/difficult urination
- ▶ Sore throat
- ▶ Sprains
- ▶ Stuffy or runny nose

PLAN AHEAD

Set up your virtual visit account ahead of time so you're ready when you need care, without delay.



Search your app store for Care Anywhere University of Wisconsin. Or, go to uwhealthcareanywhere.org to set up your account or access care.



Search your app store for UnityPoint Health Virtual Care. Go to unitypointvirtualcare.org to create your account.



Search your app store for Gundersen VirtualVisit. Learn more and explore frequently asked questions at gundersenvirtualvisit.org.

WHEN YOU NEED CARE

- ▶ Log in to your account and follow the prompts to choose a provider and start your visit.
- ▶ If there is a cost, you'll be told ahead of time.
- ▶ Eligibility and coverage vary based on your Quartz plan.

Questions? Call Customer Service at **(800) 362-3310** — we're here to help.