

Your Health. Connected.

You've got options when it comes to remote care. Get care wherever, whenever. Download the MyHealth+ App to get started or use the web version: intermountainhealthcare.org/MyHealth.

THE DOCTOR IS ALWAYS IN WITH INTERMOUNTAIN CONNECT CARE®.

Get urgent care 24/7 from home with virtual doctor visits at no or low out-of-pocket cost to you. When you can't get in to see your regular doctor, use Connect Care for:

- > Stuffy and runny nose
- > Allergies
- > Sore throat
- > Eye infections
- > Cough
- > Painful urination
- > Lower back pain
- > Joint pain or strains
- > Minor skin problems

The typical wait time is under 10 minutes, and you can save an average of \$400 per visit compared with the ER. Note: For true emergencies, call 911 or go to the ER.

- > In the My Health+ app select "Get Care," then "Get Care Now," then "Connect Care," and choose "Connect Care Urgent Care."



Not sure where to start? Try our free, 24/7 Nurse Line. Talk to a nurse about any condition to get advice on how and where to get care. Call **844-501-6600**.