

Care At Your Fingertips, 24/7

Telemedicine and Virtual Counseling from Medium Rare beginning 1/1/2022!



Beginning January 1, you will have 24/7 access to doctors and counselors via phone or video with telemedicine and virtual counseling. Both services are provided to all employees and their family members for FREE.

Talk to a doctor 24/7

Get treatment within minutes for minor injuries, illnesses, and prescriptions.

- Cough & Sore Throat
- Infection (Sinus, Ear, UTI, etc.)
- Skin Rash
- Muscle/Joint Pain
- Medication Refill*

Talk to a counselor

Sometimes, you just need someone to talk to. Talk to a licensed counselor to work through:

- Anxiety
- Depression
- Marital/Relationship
- Substance Use
- Work/Life Stress

*Doctors can write prescriptions when needed. Prescription costs are applicable to your medical plan.

“Always cordial, caring, and very upbeat! Thank you for making us feel better mentally as well as physically!” – Helen from Ohio

Get the app 



Use the last 4 digits of your SSN to log in.