



## **Telemedicine and Virtual Counseling** from Christian Appalachian Project!

You now have 24/7 access to doctors and counselors via phone with telemedicine and virtual counseling. Both services provided to eligible employees and their eligible family FOR FREE!





## $\bigvee$ ? 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 Misuse
- Workplace Issues

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



<sup>\*</sup>Doctors can write prescriptions when needed. Prescription costs are applicable to your medical plan.