

# Care At Your Fingertips, 24/7

## Telemedicine and Virtual Counseling from PAR!



**Beginning January 1, 2022:** You now have access to doctors and counselors via phone or video with telemedicine and virtual counseling. Both services are provided at no cost to benefit-eligible employees and their immediate family members.

### **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\*

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

### **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

Visits occur on your time! Get support via phone or video anytime between 8 a.m. to 8 p.m. Monday-Friday.

“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.