

# Sanford Health Plan Video Visits

## Your guide to getting started



## See a provider without leaving home

Sanford Health Plan Video Visits make it easy for you to connect with a board-certified urgent care provider from the comfort of home. Using your desktop, tablet or mobile device, you can see a provider within minutes, giving you quick, convenient access to quality care.

## What to expect

During your visit, a provider can assess your symptoms, develop a treatment plan and send a prescription to your pharmacy of choice, if needed.

## \$0 Urgent care 24/7\*

Our providers can help with common conditions, including:

- Coughs and colds
- Allergies, skin and eye irritations
- Flu-like symptoms
- UTIs and bladder infections
- Sinus congestion and discomfort

## Behavioral health

- Take care of your mental health by scheduling a visit with a therapist, psychologist or psychiatrist for concerns such as anxiety, depression or a social disorder.
- Your Sanford Health Plan standard office-visit cost share will apply to these services.

## Steps for getting started



### Desktop

Visit [sanfordhealthplan.com/virtualcare](https://sanfordhealthplan.com/virtualcare).



### Mobile

Search your App Store or Google Play for "Sanford Video Visits" and download the app.



### Connect

Sign up or log in. Then, start a visit with a provider anytime, anywhere.

\*HSA-qualified High Deductible Health Plans (HDHP) are not eligible for \$0 video visits but do qualify for discounted visits for which Health Savings Account (HSA) dollars may be used.



### Cost

The cost of video visits depend on your health insurance coverage. Credit, debit, HSA and FSA are accepted. **Further details at [sanfordhealthplan.com/virtualcare](https://sanfordhealthplan.com/virtualcare).**



### Convenient

Connect with a provider 24/7. Referrals and prescriptions are available if necessary.



### Quality

All video visit providers are board-certified.



### Easy to use

Install the app and sign up to start a visit.

**SANFORD**  
HEALTH PLAN