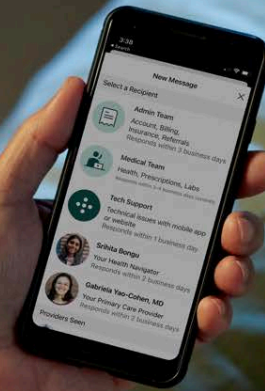


one medical

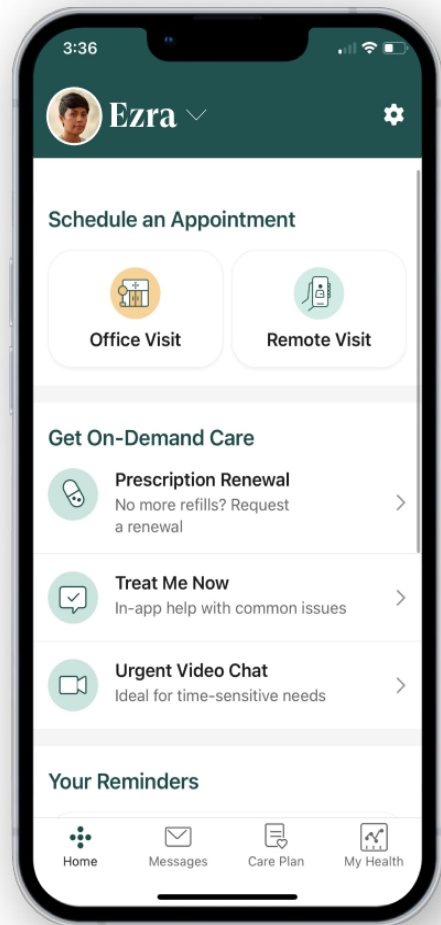


Virtual care, made easy

At One Medical, beyond in-person care at offices in many U.S. cities, members can also access 24/7 virtual care directly through our app.

Our team can diagnose and treat many health issues virtually. All One Medical providers can access your medical records, prescribe medicine, and order lab tests. If you get care from our virtual medical team, your Primary Care Provider (PCP) will be kept in the loop, making sure your care is coordinated and personalized to you.

So whether it's difficult to leave home, you want to avoid an expensive trip to the ER, or you just like the convenience — virtual care is here for you.








Not a One Medical member yet?

Visit onemedical.com/mybenefit

The cost of membership is covered for you, your spouse/partner, and dependents.

Virtual care at your fingertips

	DESCRIPTION AND TYPES OF CARE	RESPONSE TIME	BILLING
 Urgent Video Chat	<p>Request a Video Chat with our virtual medical team at any time (24/7 on-demand) for non-life threatening but urgent concerns and potentially avoid costly trips to the ER.</p> <p>Types of care: Minor injuries (sprains, strains, burns, cuts), fevers over 103°, sudden back pain</p>	Varies based on demand, but typically ~15-20 minutes	<p>Included in your membership at no extra cost.</p> <p>Copays and deductibles do NOT apply.</p> <p>Follow-up appointments, if needed, are billed to insurance.</p>
 Treat Me Now	<p>Get help with common issues by message. Simply answer a few questions about your symptoms and a provider will message you with next steps.</p> <p>Types of care: Colds/flu, seasonal allergies, skin issues (rashes, moles, acne), cold sores, STI screening</p>	Within ~4 hours	
 Prescriptions	<p>Request a renewal right from the app and we'll send your prescription to the pharmacy you enter.</p> <p>Types of care: All prescription renewals (note: controlled substances may require a consultation)</p>	48 hours for most meds, 72 hours for controlled substances	
 Messages	<p>Send and receive secure messages with your PCP, our virtual medical team, admin team, or tech support.</p> <p>Types of care: Simple follow-up questions after a visit, or insurance/billing questions for the admin team</p>	Typically between 24-72 hours	
 Remote Visits	<p>Schedule an appointment with your PCP or another provider of your choice for things that don't require an in-person exam. You'll receive a link to dial into your visit once you book it.</p> <p>Types of care: Mental health, sleep issues, hair loss, follow-ups for chronic conditions like diabetes</p>	Schedule your appointment for your preferred day and time	



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