



# Virtual Primary Care

Providing more convenient access to quality health care

United  
Healthcare

Optum

# Virtual primary care, easier access to quality care

It's like an office visit with a primary care provider (PCP) — only over a computer or mobile device instead. Employees can see a PCP in our Optum network regularly, so they'll have the same provider with them every step of the way. Virtual primary care offers:

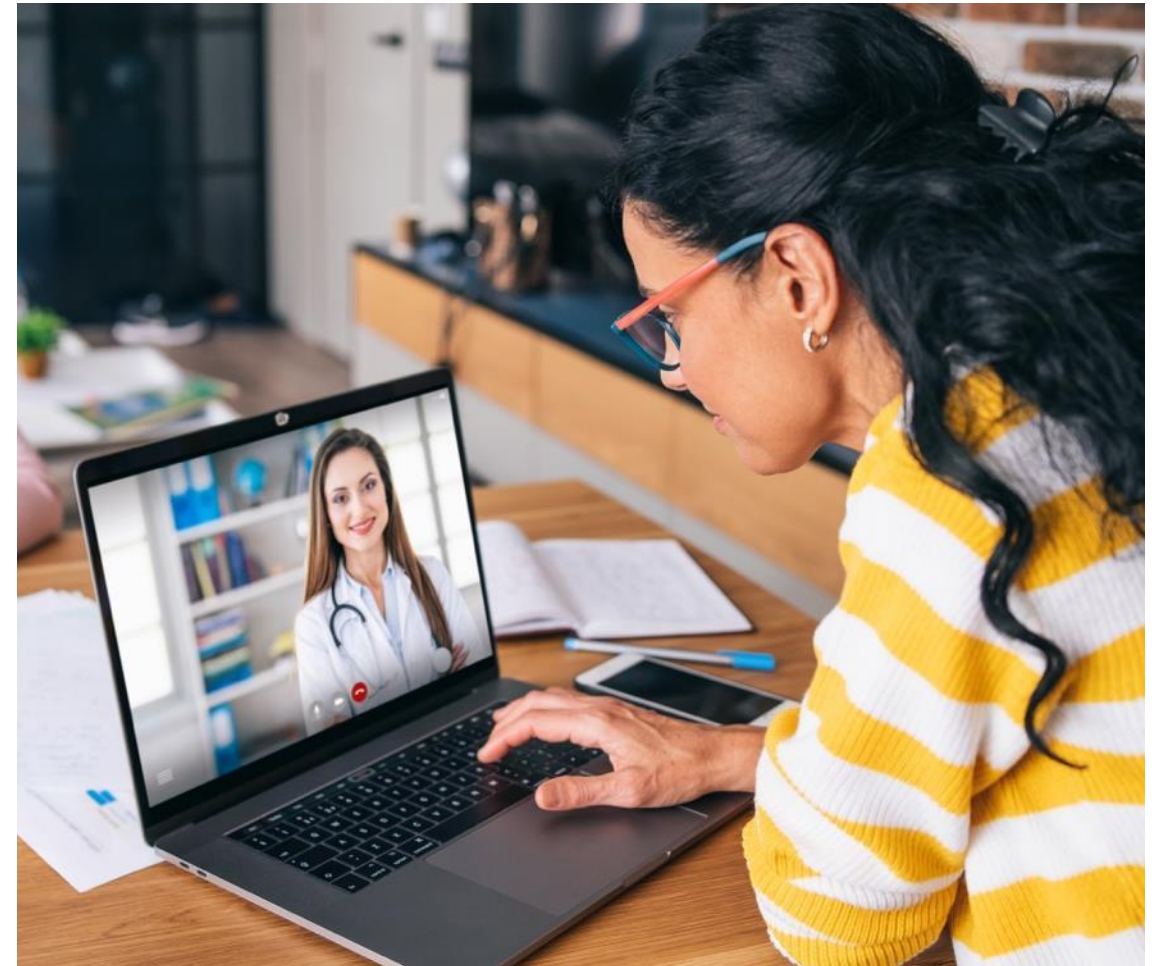
- Improved access to care
- Greater convenience
- Coordinated connectivity to in-person care, guided by precision navigation to the right care at the right time



# Provides primary and follow-up care for common and chronic conditions

A virtual primary care provider may:

- ✓ Provide care for common and chronic conditions as well as deliver ongoing, follow-up care
- ✓ Provide a better experience using real-time patient insights
- ✓ Bring a holistic, personalized approach to every individual's health
- ✓ Simplify prescription refills, identify health opportunities and address gaps in care



# Virtual primary care may help with ongoing health concerns and conditions

## Wellness screenings

- Breast cancer screening
- Prostate screening
- Colon cancer screening
- Cholesterol, blood sugar and other appropriate blood tests
- Adult vaccines
- Skin cancer screening
- Lifestyle risk assessment screening

## Diabetes

- Evidence-based diabetes care
- Lifestyle risk assessment screening
- A1C testing, blood sugar testing and other testing as needed
- Kidney health screening
- Neuropathy screening
- Prescriptions
- Ongoing medication management

## Back pain

- Immediate pain evaluation
- Ongoing care plan
- Lifestyle recommendations

## Skin conditions

- Skin infection
- Skin rashes
- Burns
- Acne
- Dry skin
- Eczema
- Psoriasis

## Men's health

- Prostate screening
- Sexual health
- Weight
- Exercise and diet

## Women's health

- Birth control
- Wellness screenings
- Menopause and peri-menopause
- Hormone testing
- Sexual health
- Exercise and diet

## High blood pressure

- Heart health screening
- Blood work
- Ongoing care plan
- Medication management
- Home blood pressure testing

## Arthritis

- Immediate pain evaluation
- Ongoing care plan
- Medication management
- Lifestyle recommendations

## Sleep problems

- Lifestyle screening
- Lifestyle/sleep modifications
- Sleep testing
- Prescriptions
- Ongoing medication management

## Asthma

- Ongoing care plan
- Have a rescue plan for flare-ups
- Medication management
- Lifestyle assessment

## High cholesterol





- Heart health screening
- Blood work
- Ongoing care plan
- Medication management





Examples only, not a complete list.



# UnitedHealthcare App Virtual Visits View

## Find Care

  
**Virtual Care**  
Find in-network care at your convenience. **Often the lowest out-of-pocket cost**  
**Urgent Care**  
Find virtual or in-person urgent care.  
**Find Providers**  
Locate an in-network provider or specialist.  
**Find a Pharmacy**  
Search for a location near you.

 Home  My Plan  **Find Care**  Me

## Virtual Care

### Virtual Primary Care

Schedule your next appointment with a Primary Care Provider (PCP) to have a virtual visit from the comfort of your home.

[Get Started](#)

### 24/7 Virtual Visits





Virtual visits allow you to talk with a provider 24/7 for common urgent care needs or when your Primary Care Provider is not available. Many providers can also prescribe some medications and have them sent to your local pharmacy.\*

\*Providers may not prescribe medications in all states.

[Get Started](#)

### Virtual Behavioral Health Care

Get confidential, behavioral health care by


 Home  My Plan  **Find Care**  Me

## Virtual Primary Care

Provided by





Visit with a primary care provider (PCP) by video for your on-going health needs. Your Optum Virtual Care PCP provides continuous care and can see you for routine check-ups, chronic illnesses, minor ailments and more. Virtual primary care is a service for members who do not have a PCP or are looking to change to a new PCP.

### Why Virtual Primary Care?

**Get Care From the Doctor Who Knows You Best**

Your PCP is a board certified physician that you can turn to for routine check-ups, chronic conditions and more. It's important to establish a relationship with your PCP because they understand your needs and can provide ongoing effective care.

Your Cost **\$99 or less** [Get Care Now](#)

 Home  My Plan  **Find Care**  Me



## Virtual Primary Care

Schedule your next appointment with a Primary Care Provider (PCP) to have a virtual visit from the comfort of your home.

Generally Good For:

- ✓ Chronic Condition Management
- ✓ Lab Orders
- ✓ Ongoing Care
- ✓ Preventive Care

[Get Started](#)



## 24/7 Virtual Visits

Virtual visits allow you to talk with a provider 24/7 for common urgent care needs or when your Primary Care Provider is not available. Many providers can also prescribe some medications and have them sent to your local pharmacy.\*

\*Providers may not prescribe medications in all states.

Generally Good For:

- ✓ Allergies
- ✓ Bladder or urinary infections
- ✓ Common cold or seasonal flu
- ✓ Pink eye

[Get Started](#)



## Virtual Behavioral Health Care

Get confidential, behavioral health care by talking to a psychiatrist or therapist during a virtual visit from the safety and comfort of your home.

Generally Good For:

- ✓ Anxiety
- ✓ Depression
- ✓ Grief
- ✓ Stress

[Get Started](#)