

Virtual options may help you feel better, faster — all from the comfort of home.

In the right situation, virtual care can be a lifesaver.

And now there are even more options for virtual care coverage as part of your Surest health plan. Simply download the app, then search “virtual visits.” Related virtual options will appear. It’s part of the search experience.

See a board-certified doctor or other medical professional from broad, national UnitedHealthcare networks for the following needs:

Virtual acute care:

Sinus infections • UTIs • rashes • headaches • common cold and flu symptoms • and more

Virtual primary care:

Chronic conditions • wellness visits • ongoing needs

Virtual mental health:

Online therapy, counseling

Virtual intensive outpatient therapy:

For teens and young adults most at risk for a mental health crisis

Virtual exercise therapy:

Relieve back, neck, and shoulder pain in less than 15 minutes a day.

Virtual serious mental illness:

Meet with a health connector, therapist, or psychiatrist for obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder, or schizophrenia.

Virtual substance use support:

Addiction treatment and support

Virtual eating disorder support:

Virtual, evidence-based eating disorder care

May be geographical limitations regarding virtual provider availability.

Virtual gastroenterology:

Personalized care to diagnose and treat the main causes of digestive conditions

Virtual speech therapy:

Partner with a licensed therapist for one-on-one care.

Virtual migraine care:

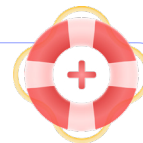
Develop a personalized care plan to help manage your pain.

There are numerous benefits to virtual care.

Surest members use virtual visits 7 times more than the national average.¹

Why?

- It can save you time. According to a recent report, the typical patient waited 26 days to get an appointment with a provider.² With virtual care, there are often same-day appointments.
- It may help you save money. Virtual care is often low or no-cost. Check prices in advance in the Surest app.
- It’s designed to be easy to use, as part of your Surest plan.



Still have questions about virtual coverage?

Surest Member Services is available through chat, secure web form, or by calling 866-683-6440 M – F from 6 am to 9 pm CT.