

# Virtual Care Benefit

Primary Care, Coaching and  
Therapy—Wherever You Need It



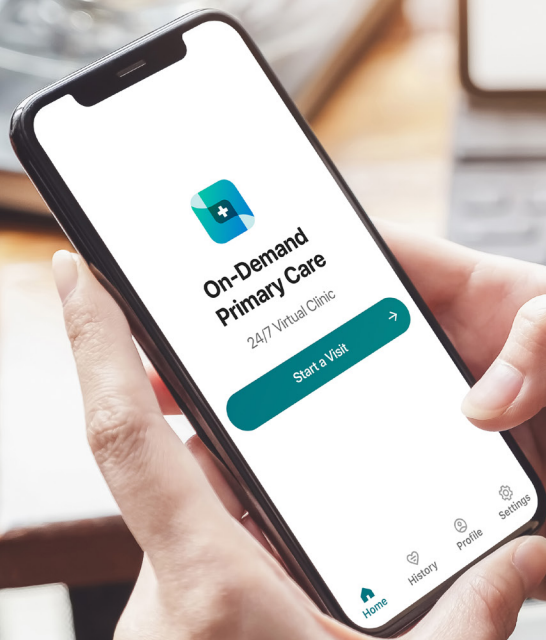
98point6 is a new approach to primary care and behavioral health, meeting you where you are for a holistic approach to health. It starts with a text-based visit, where a care team, including board-certified physicians, provides diagnosis and treatment of 400+ conditions.

If needed, your physician can also coordinate a video-based session with a certified behavioral health coach or licensed clinical social worker (LCSW) that can be scheduled at your convenience.

**Audio, video and  
translation support  
are available.**

You can have a visit  
with a doctor while:

- ✓ Enjoying the outdoors
- ✓ Making dinner
- ✓ Relaxing at home



With no travel and no waiting rooms, 98point6 can address a wide range of conditions including:

## Primary Care

- COVID-19, including testing orders
  - Cough, cold and flu
  - Muscle sprains and strains
  - Rashes, acne and other skin conditions
  - Stomach problems
  - Guidance with issues relating to chronic conditions, such as hypertension, heart disease, asthma, rheumatoid arthritis and diabetes\*
  - Refills of essential medications
- ...and more

## Therapy and Coaching

- Stress and sleep management
- Anxiety, depression and grief
- Self-confidence and/or healthy body image
- Personal, professional and social development
- Behavioral, social and attention problems
- Life transitions and family problems grief, loss, trauma and PTSD

\*A 98point6 care team will provide guidance in navigating chronic illnesses in conjunction with the patient's broader care team.

# Frequently Asked Questions

## **What are some common conditions 98point6 can treat?**

Our care team, including board-certified physicians, offer timely diagnosis and treatment of more than 400 common conditions, including COVID-19 concerns, cough/ cold and flu, muscle sprains and strains and more. This includes outlining care options and ordering of necessary prescriptions, lab tests and imaging. If our doctor believes an in-person visit is in your best interests, they will provide you with the reassurance and steps you need to continue confidently on the right path to health.

Additionally, our care team may provide guidance to better understand and navigate issues related to chronic conditions, such as hypertension and diabetes, and can work with you and your in-person provider on ongoing monitoring and management as needed. 98point6 physicians can prescribe refills of essential medications and answer questions regarding medications and side effects.

98point6 is not for emergencies. This service does not address life threatening conditions. If you're experiencing an emergency, please call 911.

## **Who can use 98point6?**

## **How much does it cost?**

## **How can members access care through 98point6?**

Members can use their iOS or Android mobile device to download the app from the App Store or Google Play. Older mobile phone versions (such as flip phones) cannot be used to access 98point6.

No appointments necessary. Just sign in to the app and start a visit.