![timelycare logo]

How to Access Free, 24/7 Virtual Care from Anywhere

It's simple! Follow these steps and you'll be connected to virtual health and well-being services in no time.

1. **Access TimelyCare.**
   Scan this QR code.

2. **Log in with your school email address.**
   Use the one that ends in .edu.

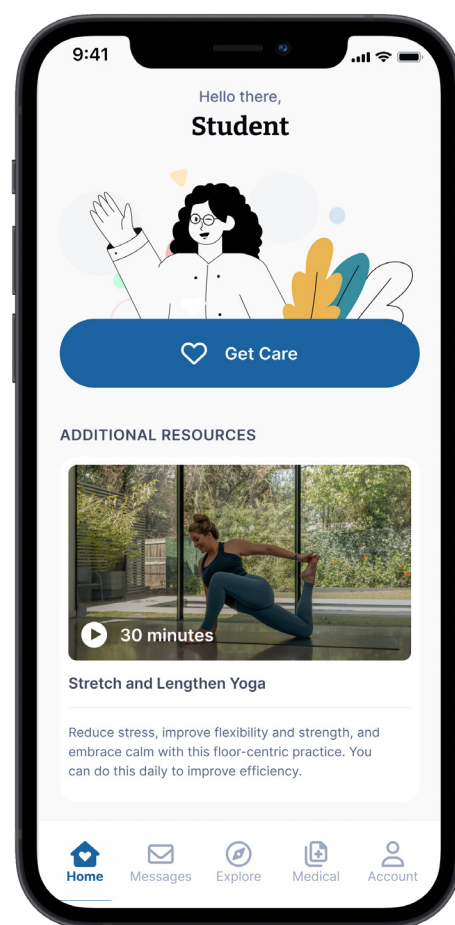3. **Fill out some information. Nothing too complicated!**
   TimelyCare is confidential, secure, and HIPAA compliant.

4. **Click "Get Care."**
   Well, you get it.

5. **Don't need a visit right away? Check out our Explore page.**
   It's self-care at your fingertips.

9:41

Hello there,
Student

♡ Get Care

ADDITIONAL RESOURCES

▶ 30 minutes

Stretch and Lengthen Yoga

Reduce stress, improve flexibility and strength, and embrace calm with this floor-centric practice. You can do this daily to improve efficiency.

Home Messages Explore Medical Account

Having trouble logging in? Email help@timely.md or call **1-833-4-TIMELY** for assistance. We've got you covered!

timelycare.com/greensboro

It's for Students. FOR FREE.

⊙ @timelycare

♪ @timelycare

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What is TimelyCare?

TimelyCare is a virtual health and well-being platform available 24/7 for Greensboro students.

Who can use TimelyCare?

Any enrolled Greensboro student can use TimelyCare.

How do I log in?

Go to **timelycare.com/greensboro** or download the TimelyCare app to access care.

How much does a visit cost?

There is no cost to enrolled Greensboro students.

I already have insurance. How does TimelyCare benefit me?

With TimelyCare, you will have free, 24/7 access to providers from anywhere in the United States, regardless of your insurance status. So, you'll never have to spend time or money looking for care, whether you're on or off campus.

Can I get a prescription?

Yes, if the provider deems it clinically appropriate.

What can I be treated for?

TimelyCare's providers can offer support for a wide range of common concerns, and after talking to you, will decide on the best course of treatment.

What services are available?

- **MedicalNow:** On-demand support for common health issues, including cold, flu, and allergies.

- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.

- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you.

- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you. (12 visits per year)

- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.

- **Psychiatry:** Appointments are available through referrals.

- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.

It's for Students.

FOR FREE.

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