



# Receive virtual care and support

## through our Sydney Health mobile app



When you aren't feeling your best — physically, mentally, or emotionally — or you need guidance managing a health condition, help is available. You can connect to the care you need using our Sydney<sup>SM</sup> Health mobile app. You can have a video visit with a doctor 24/7 for common health issues, and mental and emotional healthcare is available by appointment.<sup>1</sup>

Plus, Sydney Health is your avenue to specialized programs designed to help you improve your habits and your health.

### Visit with a doctor for common medical concerns

Doctors are available anytime, with no appointments or long wait times. They can help you with health issues, such as a cold or the flu, allergies, sore throat, migraines, or skin rashes. During your private and secure video visit, the doctor will assess your condition, provide a treatment plan, and send prescriptions to the pharmacy of your choice, if needed.<sup>3</sup>

### Receive mental or emotional healthcare

If you're feeling anxious or depressed, or having trouble coping, you can set up a video visit with a licensed therapist or board-certified psychologist or psychiatrist.<sup>4</sup> Appointments can be scheduled within one to two weeks.<sup>1</sup> Psychiatrists help manage medications; they do not provide counseling or talk therapy.<sup>5</sup>

### What people say about virtual care visits<sup>2</sup>

92%

were able to book a virtual visit sooner than an in-person visit

89%

said the doctor they saw was professional and helpful

92%

thought the doctor understood their concerns

### How to download our Sydney Health app:



Scan the QR code with your phone's camera.