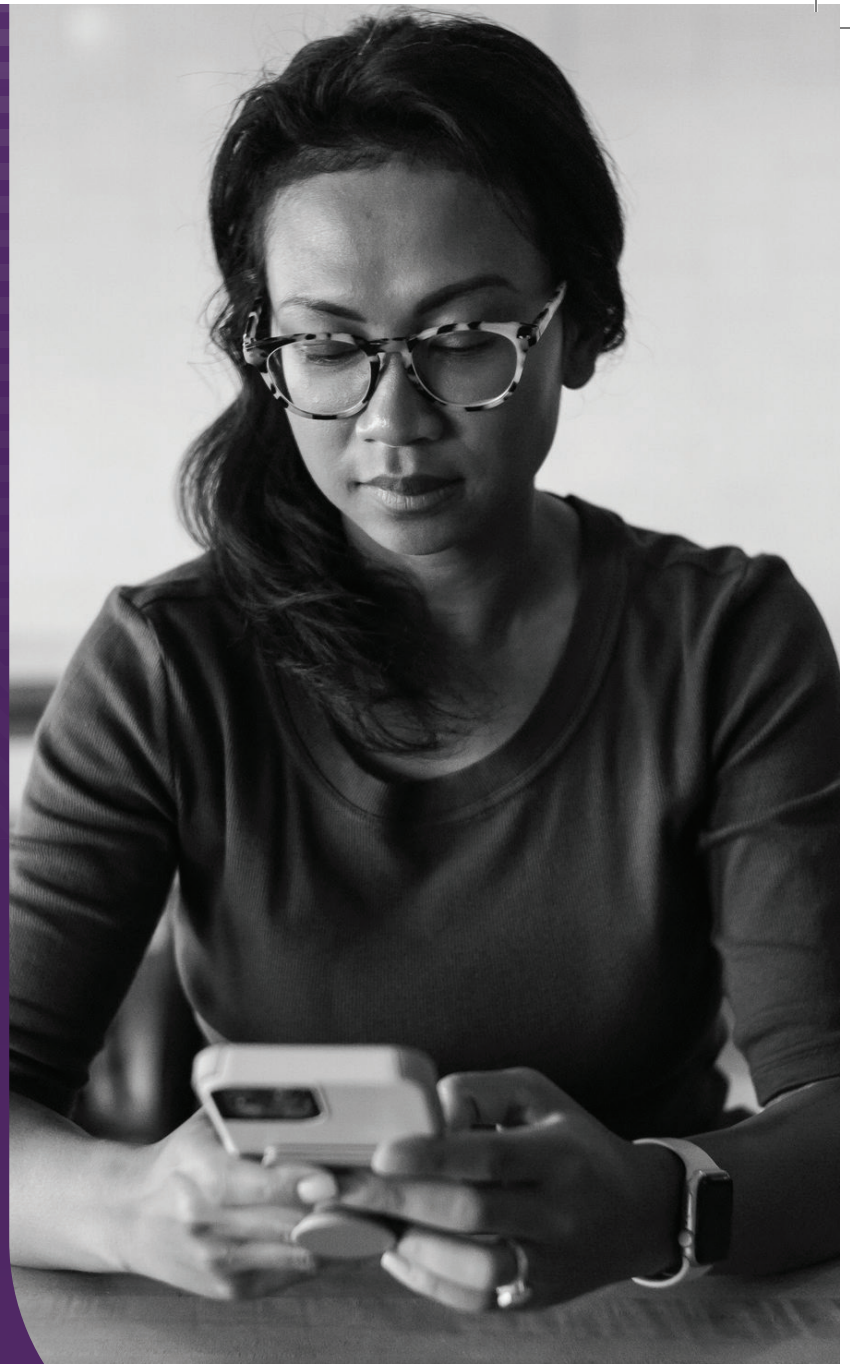




# Your Healthcare Anywhere Team

Welcome to virtual-first  
personalized care

From urgent needs to long-term  
wellness, your team of licensed  
providers are here for you.



SCAN TO GET STARTED

## Get care now

- 1 Scan the QR code and register →
- 2 Book an appointment



# The care you need when you need it

## Primary Care (ages 18+)

- Preventive care to help you achieve your long-term health goals
- Chronic care and disease management
- A dedicated Health Guide to help you navigate the healthcare system
- Answers to your billing and benefits questions

## Urgent Care (ages 2+)

- 24/7 access to licensed providers
- Open on weekends and holidays
- Treatment for common illnesses and minor injuries
- Average wait times under 30 minutes

## Behavioral Health (ages 2+)

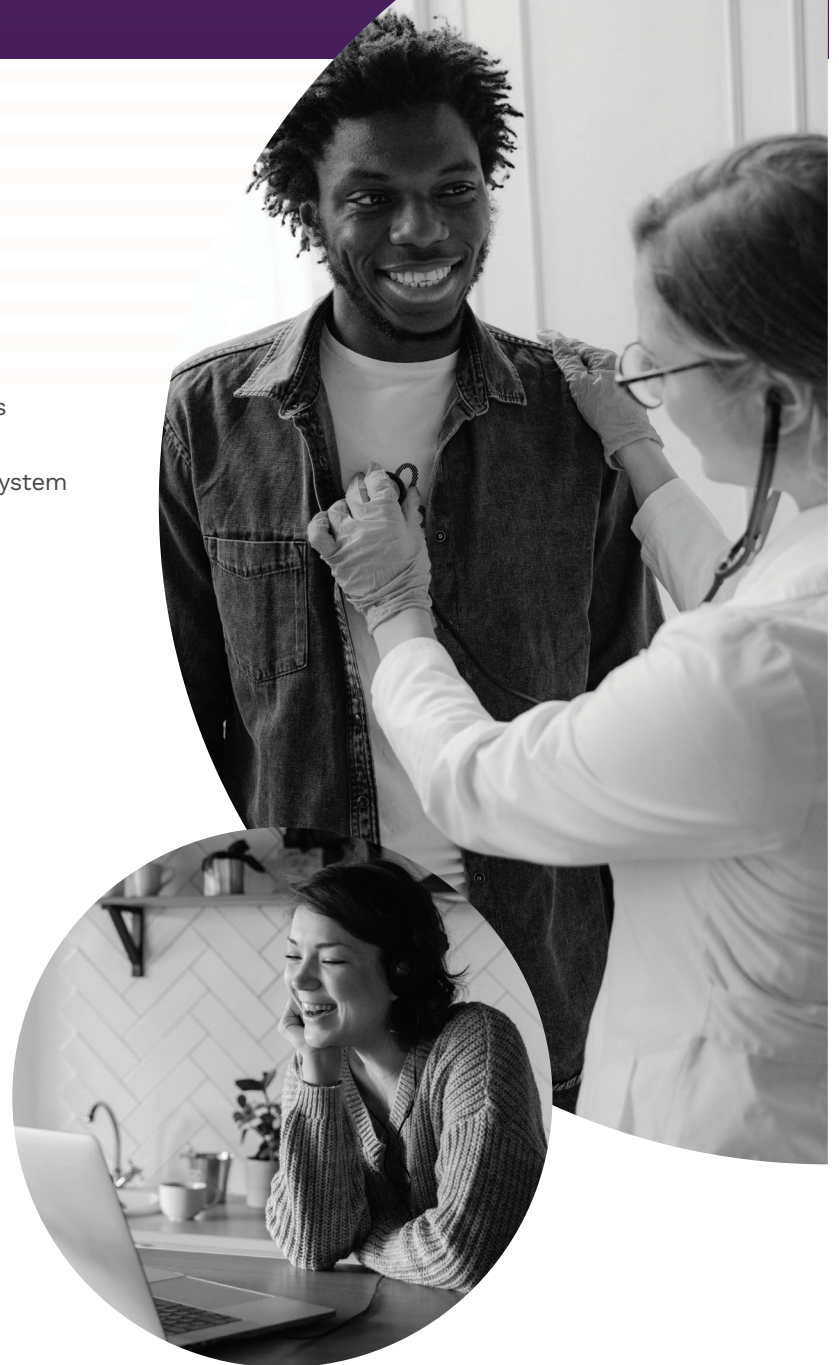
- Behavioral health counseling with licensed therapists
- Psychiatry services including medication management
- Guided and personalized programs tailored to you
- Private 1-on-1 support over phone or video

## Nutrition Services (ages 5+)

- Insurance-covered services with a Registered Dietitian
- Personalized, evidence-based nutrition plans
- Continuous nutrition guidance available
- One-time Q&A sessions available

## New Parent Support

- Connect with expert lactation consultants
- Help with issues such as feeding, pumping, latching, and more
- Breastfeeding tips and resources for new moms and dads



## Am I eligible?

### There are only two requirements for registration:

1. Adults 18+ can sign up (dependents ages 2-17 can be added to your account)
2. Must have a CareFirst BlueCross BlueShield health plan, including CareFirst Medicare Advantage and CareFirst Community Health Plan Maryland (some exclusions apply)



SCAN TO GET STARTED

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