

# Talk to a doctor or therapist by phone or video

Through our relationship with Teladoc, students have access to HealthiestYou which provides access to doctors and mental healthcare from anywhere you are, even while traveling internationally.\*

All services are free for students covered under the UHCSR insurance plan.

## From the HealthiestYou app or website you can get:\*\*

### General Medical

Talk to a licensed doctor 24/7 by phone or video from anywhere

### Mental Health

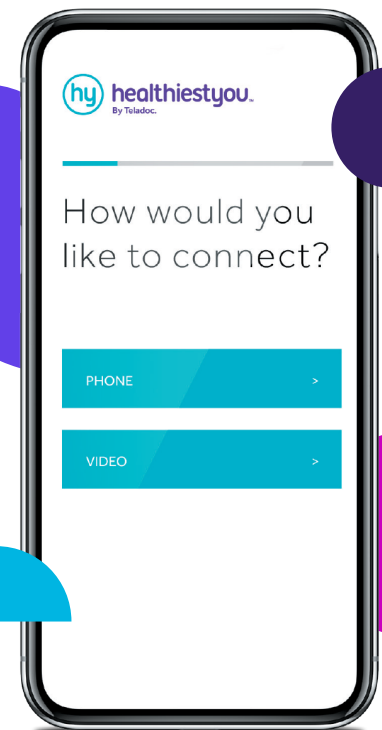
Choose a therapist and schedule an appointment by phone or video 7 days a week (7 a.m. to 9 p.m.)

- Therapist
- Psychiatrist



for UHCSR students

Discounted rate for non-UHCSR students



Get care when you need it

Call 855-870-5858

Download the app  

\* Relationship must be established with a mental health provider in the U.S. prior to traveling internationally.

\*\* For the 2024 - 2025 policy year

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