

Groups- \$8 a month

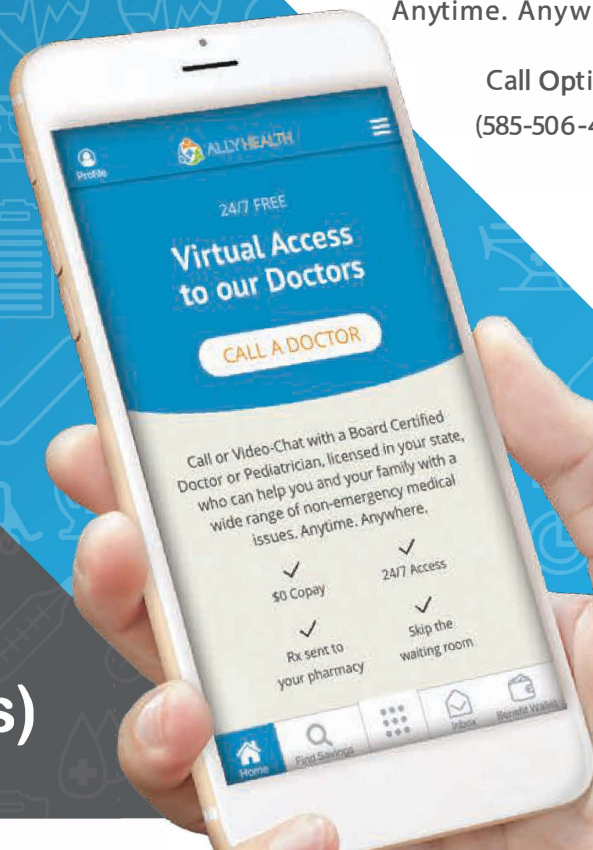
24/7/365 Virtual Care.  
Anytime. Anywhere.

Call Optima  
(585-506-4000)



# ALLYHEALTH

## TELEMEDICINE MODULE (24/7/365 Access to Doctors)



AllyHealth is different from other telemedicine services because we provide proactive support to our clients every step of the way. Our proprietary, technology-enabled, high-tech and high-touch engagement system allows us to guarantee utilization levels that you won't find anywhere else.

### HOW IT WORKS

Talk directly with a doctor or pediatrician within minutes by phone, video, or mobile app - 24/7/365. From home, the office, or on the go. On your schedule. Anytime. Anywhere.

### FEATURES AND BENEFITS

- 24/7/365 access to our experienced, board certified doctors
- Unlimited use, with no per-call fees or co-pays
- Prescriptions called in to your local pharmacy
- AllyHealth's proprietary, comprehensive, technology-driven, multi-channel engagement system
- Transparent reporting, and Guaranteed Results!
- Reduce costs, redirect claims, and increase productivity
- Improve employee recruitment and retention

### COMMON CONDITIONS WE TREAT

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold & Flu
- Constipation
- Diarrhea
- Ear Infection
- Fever
- Gout
- Headache
- Infections
- Insect Bites
- Joint Aches & Pains
- Rashes
- Sinus Infection
- Skin Inflammations
- Sore Throat
- Sports Injuries
- Sunburn
- Urinary Tract Infection
- And more...

### WHEN TO USE ALLYHEALTH

- Instead of going to the ER or urgent care center for a non-emergency medical issue
- During or after normal business hours, nights, weekends, and even holidays
- If your primary care doctor or pediatrician is not available
- To request prescriptions or refills (when appropriate)
- If traveling and in need of medical care

With Telemedicine - \$14 a month (Both)

24/7/365 Virtual Care.  
Anytime. Anywhere.

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# ALLYHEALTH

## TELETHERAPY & MENTAL HEALTH MODULE



Empower employees and their families to be proactive with their mental health and wellbeing, nurture work-life balance, and live happier and healthier lives.

### HOW IT WORKS

Connect with a licensed therapist, counselor, psychiatrist, or behavioral health specialist from home, the office, or on the go - on your schedule - via phone or mobile app.

### FEATURES INCLUDE

- 24/7 access to our network of experienced behavioral health practitioners
- Up to 10 **Free** talk therapy counseling sessions per year\*
- Continued, long-term counseling sessions available at reasonable rates
- Psychiatrists and other behavioral health specialists available 24/7 on a fee for service basis
- Services are completely confidential
- Access from the privacy of your home or office - when and where you need it
- Available to you and your family members

### COMMON ISSUES WE SUPPORT

24/7 access to experienced therapists, counselors, psychiatrists and behavioral health specialists to support many common issues, including:

- Addictions
- Bipolar Disorders
- Child and Adolescent Issues
- Depression
- Eating Disorders
- Grief and Loss
- Life Changes
- Men's Issues
- Panic Disorders
- Parenting Issues
- Postpartum Depression
- Relationship and Marriage Issues
- Stress
- Trauma and PTSD
- Women's Issues
- And more

\*\$0 copay counseling sessions limited to ten sessions per family per year.