



**My Smartphone Doctor™**

Advanced Health Strategies for Businesses and Organizations

# Telehealth coverage for all businesses

- Covers full-time, part-time, associates, and family members
- Includes pre-existing conditions
- No waiting period



**My Smartphone Doctor** is a membership-based telemedicine service that offers 24/7/365 premium telemedicine, best-in-class pharmaceutical services, leading behavioral health services and innovative wellness coaching programs. Now, there's a realistic and affordable healthcare option for employees of any business, as well as members of associations, unions and group organizations.

**Even after the Affordable Care Act, business employees can still remain the largest group of uninsured Americans.**

Through **My Smartphone Doctor**, all businesses and organizations can provide their employees and associates with 24/7/365 premium telemedicine services, best-in-class pharmacy program, leading behavioral health services, and innovative wellness coaching programs. Our premier telehealth solutions are available for all employees and members regardless of pre-existing conditions or insurance status. Now you can offer an excellent, affordable telemedicine program, or a supplement to an existing health plan.

Based on one of the nation's premier healthcare savings platforms, **My Smartphone Doctor's** telehealth solutions successfully merge institutional affordability with quality, accessible care. Available throughout the United States, **My Smartphone Doctor** can help any employee or member remedy non-emergency medical conditions.

Most importantly, **My Smartphone Doctor** has a national network of board-certified medical providers, master-level therapists, psychologists, psychiatrists, expert nutritionists, wellness coaches and more. Members can discreetly and confidently receive medical assistance at their convenience — 24 hours a day, 7 days a week and 365 days a year.





## Express Healthcare



Available 24/7/365, Express Healthcare provides open access to board-certified, credentialed physicians anytime, anywhere in the United States. Our board-certified physicians diagnose a variety of acute conditions, provide treatment plans, prescribe medication, when deemed necessary, and provide follow-up consultations when needed. **My Smartphone Doctor** allows employees and their families to receive help when they need it. Members typically receive assistance within 30 minutes. Medical consultations are available via phone or video chat.

- Telemedicine consultations available 24/7/365.
- No insurance required.
- No consultation fees, co-pays, or out-of-pocket costs.
- Successfully treats over 70% of reported medical issues, including allergies, cold, flu, tonsillitis, sinus infections, sprains & strains, minor burns, pink eye, ear infections, stomach problems, and more.
- Includes confidential, discounted Lab Testing for STDs and other conditions.



### 24/7/365 DOCTOR VISITS

Talk to board-certified, credentialed physicians, anywhere, any time, or any day on your phone or over video chat.

#### **CONSULTATIONS TREAT A WIDE VARIETY OF ACUTE CONDITIONS INCLUDING:**

Allergies  
Cold/Flu  
Insect Bites  
Skin Infections  
Minor Burns  
Pink Eye  
Tonsillitis  
Sprains & Strains  
Ear Infections  
Gastroenteritis  
Sinusitis  
and more.

## Online Prescriptions



### PHARMACY SAVINGS

195 most common prescriptions covered free when prescribed by our providers from 65,000+ pharmacies nationwide.

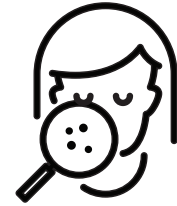
**More than 65,000 participating pharmacies nationwide include:**



Our pharmacy program offers 195 of the most commonly used generic medications at no additional cost\* when prescribed by **My Smartphone Doctor** telehealth providers. This helps alleviate expenses for medication when employees are ill. Employees also receive up to an 80% discount off other prescription medicines. Available at over 65,000 pharmacies nationwide.

\* Included in monthly membership fees.

## Dermatology Services



### DERMATOLOGY SERVICES

Confidential online consultation with board-certified dermatologists to treat a variety of skin conditions.

Staffed with board-certified physicians and dermatologists, **My Smartphone Doctor** provides quality, convenient care that adequately treats a variety of minor skin conditions. Our telehealth solution treats the most common dermatology conditions giving them access to medical assistance. Medical consultations are available via phone or video chat.

Available 24/7/365, we are dedicated to providing members with affordable and responsive dermatology care available anywhere in the United States. Utilizing our portal, members can securely upload images to ensure an accurate diagnosis. Follow-up medical consultations are available when necessary.

Commonly treated conditions include:

- Acne
- Alopecia
- Eczema
- Cold Sores
- Psoriasis
- Rashes
- Rosacea
- and more



## Behavioral Health



### BEHAVIORAL HEALTH

Private, real-time emotional and mental health consultations to address your concerns.

First two 50-minute sessions free for members.



Overall, **My Smartphone Doctor** understands that the mental health needs of employees. **My Smartphone Doctor's** expert behavioral health clinicians provide assessments, diagnoses, consultations, and brief psychotherapy to address various mental and emotional needs via phone or video chat. The first two 50-minute sessions are free for members. Afterward, members may continue therapy and/or psychiatry sessions for a fee.

**My Smartphone Doctor** is here to help with the most common behavioral health issues, such as:

- Anxiety
- Depression
- Grief and Loss
- Eating Disorders
- Stress
- Drug and Alcohol Issues
- and more





## Wellness Coaching



**My Smartphone Doctor** offers an innovative wellness coaching program tailored to help members achieve long-term success. Our wellness program offers nutritionists, personal trainers, and life coaches expertly trained to help facilitate positive behavioral changes that improve overall health. From smoking cessation to weight management, our accountability-driven coaching is done by phone or video chat. Members can receive personalized education, training, and encouragement from the privacy of their home or office.

Wellness coaches work with members to build self-confidence to exert control over one's behavior and personal environment for lasting, positive changes. Our member-directed approach focuses on improving one's total well-being by addressing emotional, physical, and practical components.

Our coaches are National Certified Health and Wellness Coaches, the highest standard for wellness coaching regulated by the National Board of Medical Examiners (NBME), and the International Consortium for Health and Wellness Coaching (ICHWC).



### WELLNESS COACHING

Wellness coaches work with members to build self-confidence to exert control over their behavior and personal environment.

**Together, members and coaches mutually design wellness plans around the following:**

Weight Management

Tobacco Cessation

Stress Management

Fitness and Exercise

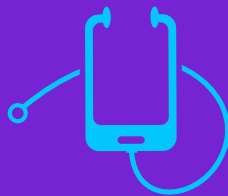
Lifestyle Improvement

and more

# Now more than ever, telemedicine makes sense.

## My Smartphone Doctor plan benefits include:

- ✓ Access to board-certified doctors 24/7/365 on your smartphone or computer!
- ✓ 195+ most common generic prescriptions included with consult for no additional charge when deemed necessary by the telemedicine physician!
- ✓ Insurance not required.
- ✓ Includes behavioral counseling, dermatology, lifestyle improvement, prescription and lab services.
- ✓ Private and confidential treatment.
- ✓ Effective and economical first line of defense for employees and their families.



**My Smartphone Doctor™**

Advanced Health Strategies for Businesses and Organizations

This program is NOT insurance coverage, not intended to replace insurance, and does not meet the minimum creditable coverage requirements under the Affordable Care Act of Massachusetts M.G.L.c. 111 M and 956 CRM 5.00. This plan does not cover Emergency Care Services or Specialist Visits.