



Connect CareSM

\$0

No-Cost Care
from Anywhere



selecthealth.



\$0

No-Cost Care from Anywhere

Intermountain Connect Care[®] is an easy, fast, affordable way to see and talk to a doctor about urgent health issues. It's available 24/7; no appointment necessary! Connect Care is a FREE service for SelectHealth Advantage[®] (HMO, HMO-SNP) members. Use your smartphone, tablet, or computer to visit with a doctor within minutes.

Get help with cold symptoms, allergies, eye infections, joint pains or strains, lower back pain, minor skin problems, painful urination, and more.

It's simpler than you may think—download the app on your smartphone or tablet or visit **intermountainconnectcare.org** to get started.



**Intermountain[®]
Connect Care**

Get Started!

STEP 1: ENROLL

- > If you are using a computer, go to **intermountainconnectcare.org**. Once there, click “Test Computer” in the top-right corner of your screen. This will make sure your computer’s webcam and microphone are working.
- > If you are using a smartphone or tablet, search for the free Intermountain Connect Care app in your app store and download. Or you can text “CONNECT” to **801-396-7199** to be sent a link to download the app. When it has finished downloading, open the app.
- > If this is your first time using Connect Care, click “Sign Up” and enter your information.
- > If you’ve used Connect Care before, use your log-in information. Can’t remember your log-in information? No problem—just click “Need help logging in?”

STEP 2: CHOOSE

- > Once logged in, you’ll be able to see which doctors are available to help you.
- > You can click on a provider’s picture to learn more about them. Click “Select Provider” when you have found one you want to see.

STEP 3: VISIT

- > You will be asked to enter a phone number where the doctor can reach you if you get disconnected during your visit.
- > Select your pharmacy, enter some basic medical history, any medications you are taking, and any symptoms you have.
- > Enter your insurance information. The system will calculate the cost of your visit. SelectHealth Advantage members will pay a \$0 copay.
- > You will be connected with the provider you choose and will be able to see each other face-to-face. Most appointments last about ten minutes. Your provider will review your history, answer questions, diagnose, treat, and even prescribe medication if necessary.
- > After your visit, your regular doctor can see a record of your visit and follow-up with you if needed.

If you need help locating or navigating the app or website, give us a call and we'll be happy to help walk you through the process. Call Member Services at **855-442-9900** (TTY: 711), Monday through Sunday, 8:00 a.m. to 8:00 p.m.

SelectHealth is an HMO, HMO-SNP plan sponsor with a Medicare contract. Enrollment in SelectHealth Advantage depends on contract renewal. Other providers are available in our network. SelectHealth complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame a: **1-855-442-9900** (TTY: 711)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-855-442-9900** (TTY: 711)。

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