

Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHM Office of Human Resources Management



THE DOCTOR WILL SEE YOU... NOW!

Not feeling well? Did you know that you can see a doctor face-to-face without leaving your couch? You have healthy and convenient options—at your fingertips! You can get care whenever and wherever by using an app on your smartphone—24 hours a day, 7 days a week. It's easy, secure and part of your health plan. Get seen by a healthcare professional in minutes—not days. Just use your healthcare provider's telehealth app to see a doctor.



Telehealth professionals can diagnose, treat and prescribe most medications for medical conditions such as:

**Allergies | Cold and Flu | Earaches | Headaches
Nausea/vomiting/diarrhea | Skin Issues | And other conditions**

CONNECT WITH YOUR HEALTHCARE

Did you know there are several benefits to managing your health online? Once you register, you'll have easy access to time-saving tools and resources that help you stay on top of your health and keep you feeling great.

If you are a Kaiser member, go to kp.org. Once registered, you can download the **Kaiser Permanente app** from your smartphone to gain access. *Not registered yet?* Go to kp.org/registernow from a computer and follow the sign-on instructions.



As a Kaiser member, you can:

- View most lab test results
- Refill most prescriptions
- Schedule and cancel routine appointments
- Print vaccination records for school, sports and camp
- Schedule video visits with your primary care doctor
- Use tools to help you manage your coverage and costs
- And so much more

If you're a Cigna member, go to myCigna.com. *Not registered yet?* Register today by going to myCigna.com or launching the **myCigna app** and selecting "Register Now."



As a Cigna member, you'll have access to:

- View your personalized dashboard
- Find quality, in-network providers and compare costs based on your needs
- Sync your device to the WebMd-powered access portal
- Access to the Health Information Line where you can speak with a clinician 24/7
- Schedule a virtual visit
- And so much more

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