A woman with short brown hair is lying on her back on a grey tufted couch. She is wearing a yellow long-sleeved shirt and blue jeans. She is holding a black tablet with both hands, displaying a video call with a smiling male doctor in a white lab coat and blue stethoscope. The background is a bright, out-of-focus indoor space with large windows.

**How telemedicine can help make
employees happier, healthier, and
more productive.**

univera[®]
H E A L T H C A R E

50%

of emergency room visits are
non-emergencies.¹



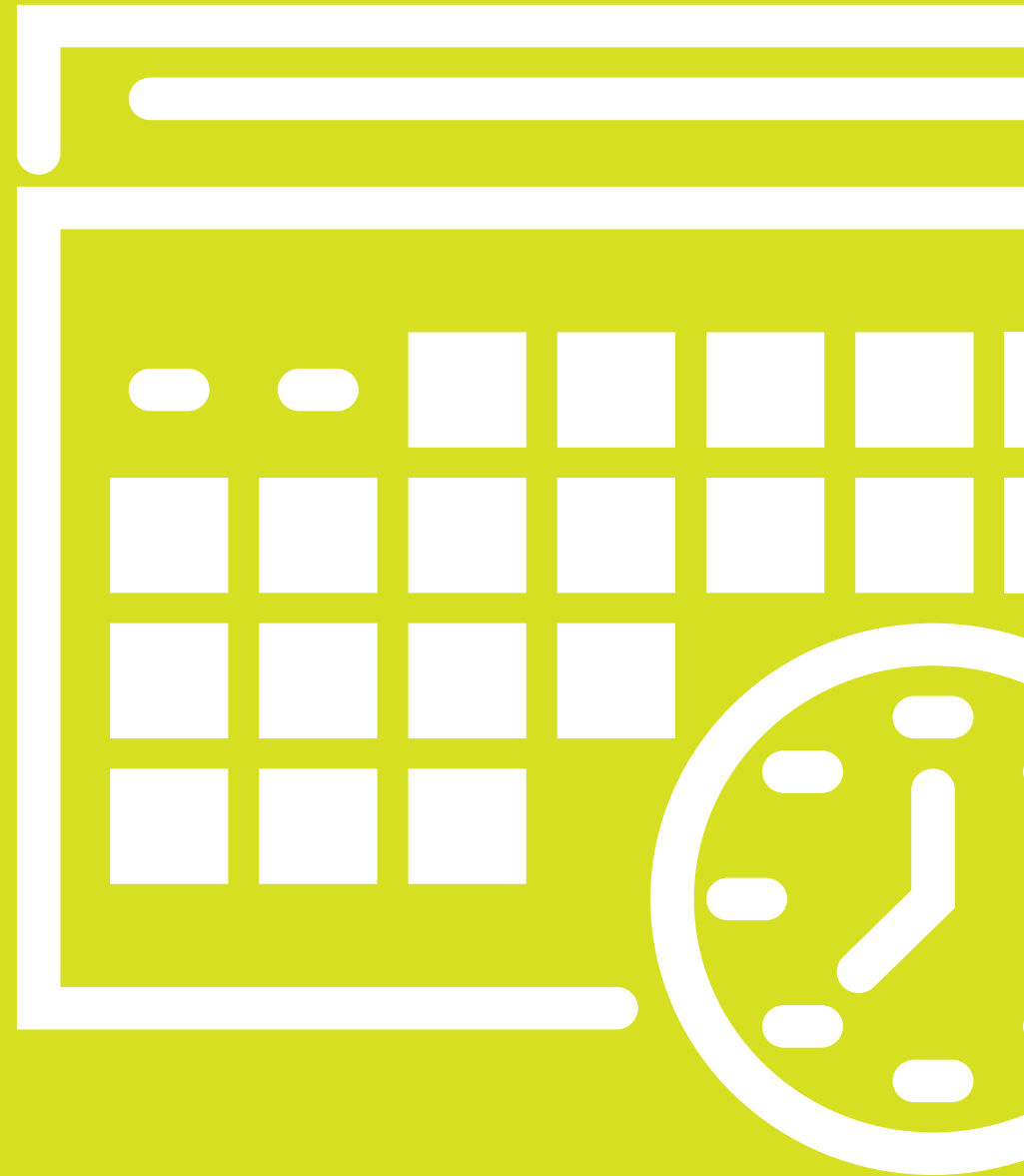
\$38B

per year is wasted by U.S. emergency rooms as a result of overuse.²



20.3

days is the average wait time for patients at a family practice.²



70%

of doctors' office visits could be handled over the phone.¹



What does this mean to you?

When sick with minor illnesses, employees sometimes find it difficult to get the care they need, which impacts productivity and costs money.

Let's see exactly how expensive patient care can be per type of visit.



\$75–\$200
Primary Care³



\$80–\$200
Urgent Care³



\$950–\$1,800
Emergency Room³

We can help.

Welcome to telemedicine.

It's the newest way for you and your employees to access care 24/7/365 from home, the office, or on the road. (Even on holidays!) Just use a computer or phone.

Telemedicine is:



A great option for non-life-threatening conditions when your primary care doctor is not available.



A convenient alternative to visiting urgent care or the emergency department.


Telemedicine is not:



A replacement for
primary care doctors.




A solution for life-
threatening conditions
(e.g., heart attack, stroke).

A close-up, dimly lit photograph of a parent leaning over a child in bed. The child is lying down, looking unwell, and wearing a blue pajama top with colorful stars. The parent's hand is visible near the child's head. The background is dark and out of focus.

**So, if your 6-year-old wakes
up feverish at 2 a.m. ...**

Try telemedicine.

A man in a dark suit and tie is seated on an airplane, looking down at a tablet computer. He has a concerned expression. In the background, other passengers are visible, including a woman in a red shirt and a man in a blue patterned shirt. The airplane cabin interior is visible, with overhead storage bins and windows.

**Maybe you're traveling
for work and get whatever
sneezing frenzy the lady
on the plane had.
For everyone's sake ...**

Try telemedicine.



Or you just got
back from traveling,
but now your skin
is the color of a
lobster. If you're too
uncomfortable to go out ...

Try telemedicine.

The best part?

It costs a flat rate of \$40/call.*

*As part of Univera Healthcare's program. Costs will vary depending on each group's program.

You can use telemedicine for these conditions:

Adults

- Acne
- Allergies
- Asthma
- Bronchitis
- Cold & Flu
- Fever
- Headache
- Infections
- Insect Bites
- Joint Aches & Pains
- Nausea & Vomiting
- Pink Eye
- Rashes
- Sinus Infection
- Sore Throat
- Sunburn
- Urinary Tract Infection

Children

- Cold & Flu
- Constipation
- Earache
- Fever
- Nausea & Vomiting
- Pink Eye

Businesses are loving telemedicine. Especially those with:

High Deductible Health Plans

Telemedicine offers more convenient access to a lower cost alternative.

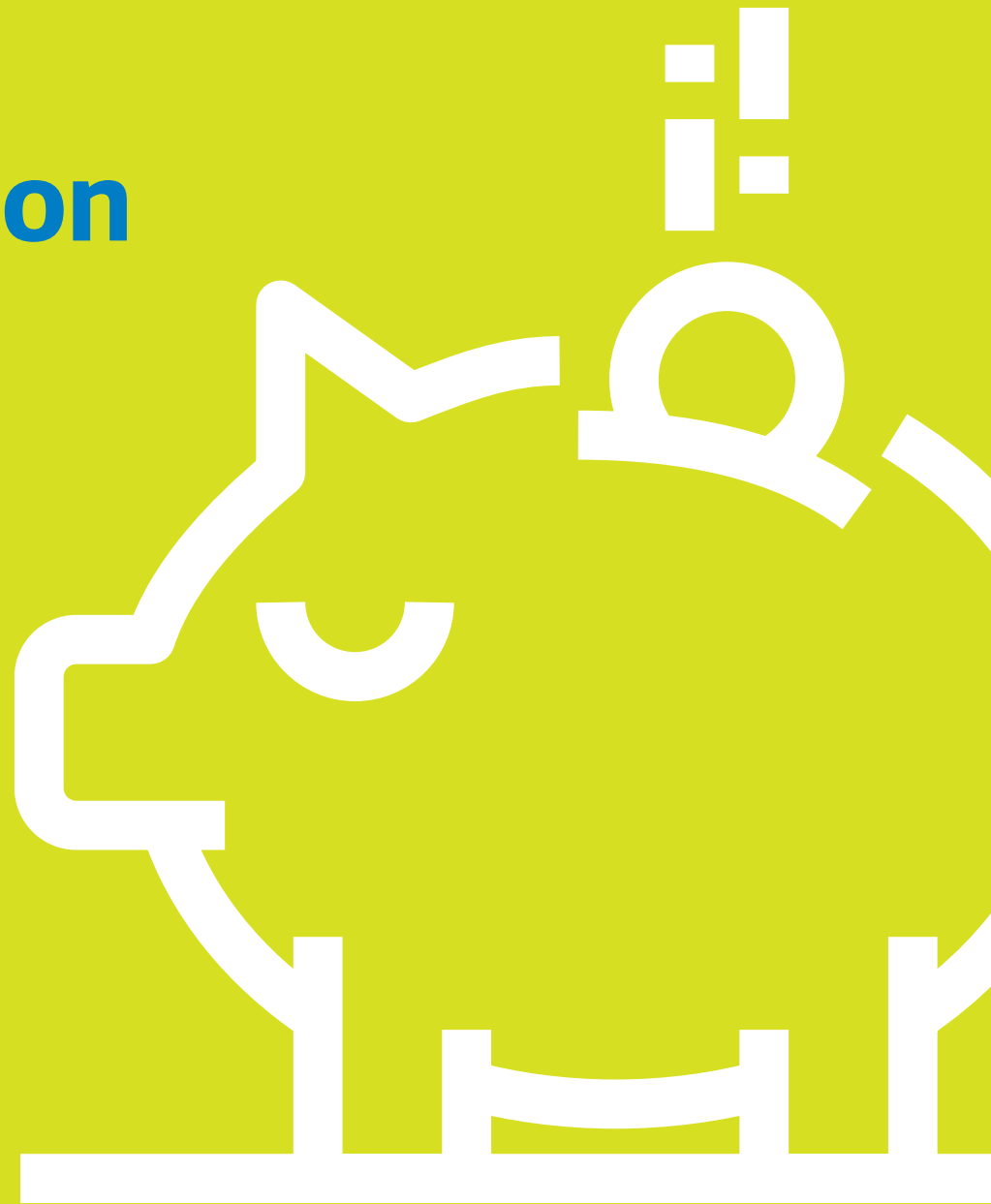
Mobile and Remote Workers

Sales forces, drivers, and service reps are on the go, working anywhere from a city to a continent away.

Rural Employees

This population is traditionally underserved when it comes to health care.

The American Medical Association says millions of people are saving money with telemedicine.



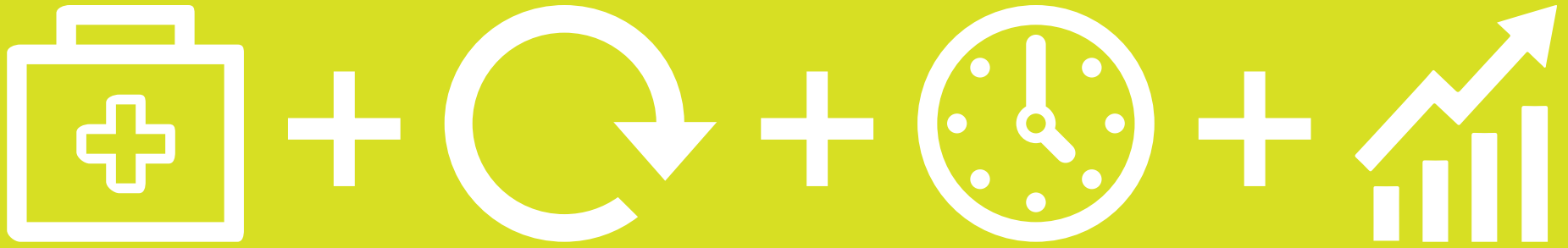
How much can you save per year in claim costs? ¹



\$300



\$1,000+



A win-win for your team.

It all comes down to supporting your number-one resource—your employees. Besides lowering health care costs, telemedicine is an easy-to-use benefit that can be an important retention tool, decrease time missed at work, and increase productivity.

Real people who really care.

Contact your Univera Healthcare rep today to see how telemedicine can make a difference at your organization.



Sources:

1. "New medical cost savings program: Telemedicine means great discounts.," R. Schultz, January 9, 2012. Retrieved from employeebenefitadviser.com/opinion/new-medical-cost-savings-program-telemedicine-means-great-discounts
2. MDLIVE, a leading telehealth provider of online and on-demand health care delivery services.
3. Excellus BlueCross BlueShield Average Cost Data