What is TimelyCare? TimelyCare is a virtual health and well-being platform available 24/7 for Palo Verde College students.	What can I be treated for? TimelyCare's providers can offer support for a wide range of common concerns, and after talking to you, they will decide on the best course of treatment.
Who can use TimelyCare? Any enrolled Palo Verde College student can use TimelyCare.	<ul> <li>What services are available?</li> <li>MedicalNow: On-demand support for common health issues, including cold, flu, and allergies.</li> </ul>
How do I log in? Go to <u>timelycare.com/PVC</u> or download the TimelyCare app to access care.	• <b>TalkNow:</b> 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
How much does a visit cost? There is no cost to enrolled Palo Verde College students.	<ul> <li>Scheduled Medical: Choose the day, time, and medical provider that best works for you.</li> <li>Scheduled Counseling: Choose the day, time, and mental health provider that works best for you. (12 visits per year)</li> </ul>
I already have insurance. How does TimelyCare benefit me?	• Self-Care Content: Visit the Self-Care tab for 24/7 access to tools and resources, such as meditation and yoga sessions, helpful videos, and short articles from experts.
With TimelyCare, you will have free, 24/7 access to providers from anywhere in the United States, regardless of your insurance status. So, you'll never have to spend time or money on care, whether you're on or off campus.	• <b>Basic Needs Support:</b> Get connected to free or reduced-cost community resources, including food and housing assistance, transit support, childcare, and finances.

## Can I get a prescription?

Yes, if the provider deems it clinically appropriate.





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