

Virtual options may help you feel better, faster—all from the comfort of home.

The Surest health plan now includes more virtual care options as part of the search experience. Just download the app and search for “virtual visits.” Board-certified doctors or professionals are available from the large UnitedHealthcare network for:

Virtual acute care:

Sinus infections • UTIs • rashes • headaches • common cold and flu symptoms • and more

Virtual mental health:

Online therapy, counseling

Virtual primary care:

Chronic conditions • wellness visits • ongoing needs

Virtual intensive outpatient therapy:

For teens and young adults most at risk for a mental health crisis

Virtual dermatology:

Acne • rosacea • eczema • psoriasis • skin cancer checks • rashes • hair and nail conditions

Virtual exercise therapy:

Relieve back, neck, and shoulder pain in less than 15 minutes a day

Virtual women’s health:

Menopause • heavy bleeding and painful periods • endometriosis • PCOS

Virtual sleep clinic:

Severe snoring • sleep apnea • excessive daytime fatigue

Virtual serious mental illness*:

Meet with a health connector, therapist, or psychiatrist for obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder, or schizophrenia

Virtual substance use support*:

Addiction treatment and support

Virtual eating disorder support*:

Evidence-based eating disorder care

Virtual gastroenterology*:

Personalized care to diagnose and treat the main causes of digestive conditions

Virtual speech therapy*:

Partner with a licensed therapist for one-on-one care

Virtual migraine care*:

Develop a personalized care plan to help manage your pain

There are numerous benefits to virtual care.

Surest members use virtual visits **7 times more** than the national average.¹



Still have questions about virtual coverage?

Member Services is available through chat, secure web form, or by calling the number on the back of your Surest member ID card.