



# TELEMEDICINE:

## ACCESS TO HEALTH CARE ANYTIME, ANYWHERE



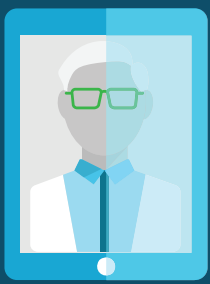
**1/2** of upstate New Yorkers have not heard of telemedicine



### TOP 5 REASONS UPSTATE NEW YORKERS USE TELEMEDICINE

- It's convenient
- It's available outside of normal office hours
- It's affordable
- It's available when you can't leave home or work
- It's available when you're traveling

**TELEMEDICINE** gives you the option of having a virtual visit with a health care professional by:



**VIDEO**



**TELEPHONE**

### TELEMEDICINE CAN BE USED WHEN:

- You have minor and non-life-threatening conditions
- Your primary care doctor is not available
- You cannot leave home or work
- You are on vacation
- Your children are away at college
- You have no access to nearby care

### With telemedicine, HEALTH CARE PROFESSIONALS CAN:

- Treat and diagnose your signs and symptoms
- Prescribe medication when appropriate
- Send the prescription to your pharmacy

### COMMON CONDITIONS treated by health care professionals via telemedicine:



**Adult care**

- |              |                   |
|--------------|-------------------|
| Acne         | Headache          |
| Allergies    | Joint aches/pains |
| Asthma       | Nausea/vomiting   |
| Cold/Flu     | Pink eye          |
| Constipation | Rashes            |
| Fever        | Sunburn           |



**Pediatric care**

- Cold/Flu
- Constipation
- Nausea/vomiting
- Pink eye

### FOR MIND AND BODY.

Access to a psychiatrist or licensed therapist from the privacy of your own home. Ability to receive continuous care by the same health care professional for such common conditions as:

- Addiction
- Bipolar disorders
- Depression

- Eating disorders
- Grief and loss
- LGBTQ support

- Life changes
- Panic disorders
- Postpartum depression

- Relationship issues
- Stress
- Trauma and PTSD

Check with your primary care physician and health insurance provider to ask if they offer telemedicine services.

