

FlexCare Digital Health



What is FlexCare Telemedicine?



FlexCare Telemedicine provides members 24/7/365 telephonic or live video access in all 50 states to U.S. board-certified physicians who can diagnose, treat and prescribe medication, when appropriate, for many medical issues.

- **Average response time - less than 15 minutes**

- **\$0 COST Consults**

- **Covers entire family (spouse & dep children, up to age 26)**



What can FlexCare Telemedicine be used for?

Top 10 Telemedicine Diagnoses



- Sinus Problems
- Urinary Tract Infection
- Pink Eye
- Bronchitis
- Upper Respiratory Infection
- Allergies
- Flu
- Ear Infection
- Headaches and Migraines
- Stomach Aches

- Even, Prescription Refills

Prescription Management

- Electronic prescribing or by phone, if needed
- No prescribing of DEA-controlled substances, medications for psychiatric illness or lifestyle drugs (i.e. erectile dysfunction, diet, etc.)
- Generic drugs are automatically recommended but physicians can prescribe any medication necessary except as noted above

What is FlexCare Behavioral Health?



FlexCare Behavioral Health provides members telephonic or video therapy sessions with Master's Level Counselors for short-term counseling issues*.

- **Scheduled appointments**

- **NO COST for counseling**

- **24/7 Intake, in case of crisis**



* The number of times you or a family member may call in for a different issue/problem is unlimited. Each issue will be handled separately, and the number of counseling sessions will be determined as clinically appropriate, based on each issue at that time. This program is for short-term problem resolution, referral, and crisis intervention services. If you are experiencing an emergency, call 911, or go to your nearest emergency room.

What can FlexCare Behavioral Health be used for?

Issues we address:



- Addiction
- Child & Adolescent Issues
- Depression
- Eating Disorders
- Grief & Loss
- Life Changes
- Men's & Women's Issues
- Panic Disorders
- Relationship & Marriage Issues
- Trauma & PTSD

- And Much More!

Counseling includes:

- Comprehensive Problem Assessment & Resolution
- Unlimited \$0 consult fee scheduled telephonic or video consults with Master's Level Counselors for short-term counseling issues
- Discounted scheduled telephonic or video consults with Licensed Psychiatrists, who can prescribe medication when necessary, or Licensed Psychologists

Who has access to FlexCare?

GDS provides FlexCare to all full-time employees who are enrolled in one of the GDS medical plans at no cost. It covers your entire household – **spouse and dependent children** – even if they are not enrolled in the GDS medical plans.

Note: spouses and dependent children not enrolled in a GDS medical plan will have access to FlexCare \$0 cost consults but any prescription costs will be subject to the spouse's or child's medical insurance and are not covered by the GDS medical insurance plan.

All newly eligible employees will receive an enrollment kit and ID card that contains their **member ID** which is needed to register. Employees can register via **MyFlexCare.com** or by downloading the **FlexCare Digital Health** mobile app.

DO NOT USE THE MDLIVE APP AFTER JUNE 30TH



 GDS Associates, Inc.
ENGINEERS & CONSULTANTS

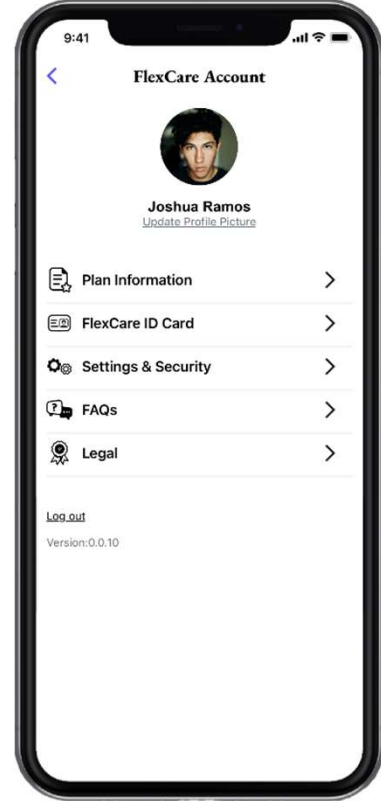
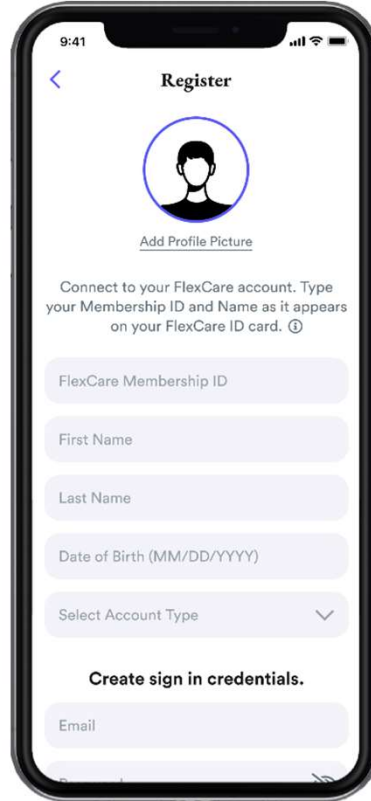
John Q. Customer
Member ID: 123789456
Group ID:FCGDSA

This is not insurance.

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FlexCare Digital Health Mobile App



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