

# Talk to a doctor or therapist by phone or video

Through our relationship with Teladoc, students have access to HealthiestYou which provides access to doctors and mental healthcare from anywhere you are, even while traveling internationally.\*

All services are free for students covered under the UHCSR insurance plan.

## From the HealthiestYou app or website you can get:\*\*

### General Medical

Talk to a licensed doctor 24/7 by phone or video from anywhere

### Mental Health

Choose a therapist and schedule an appointment by phone or video 7 days a week (7 a.m. to 9 p.m.)

- Therapist
- Psychiatrist

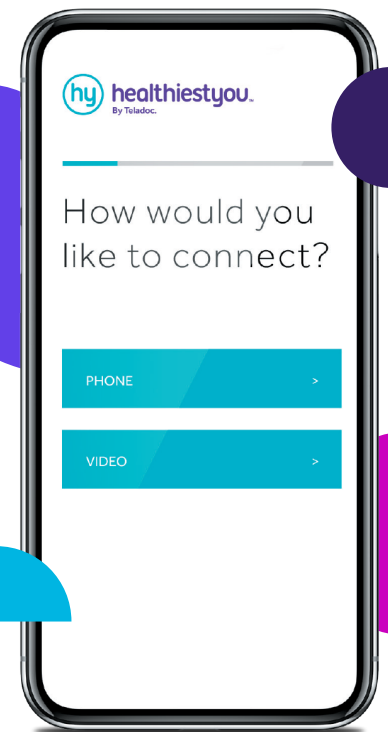
### Nutrition

Talk to a registered dietitian for help with staying healthy

\$0

for UHCSR students

Discounted rate for non-UHCSR students



Get care when you need it

Call 855-870-5858

Download the app  

\* Relationship must be established with a mental health provider in the U.S. prior to traveling internationally.

\*\* For the 2025 - 2026 policy year

© Teladoc Health, Inc. All rights reserved. HealthiestYou and the HealthiestYou logo are trademarks of Teladoc Health, Inc., and may not be used without written permission. HealthiestYou does not replace the primary care physician. HealthiestYou does not guarantee that a prescription will be written. HealthiestYou operates subject to state regulation and may not be available in certain states. HealthiestYou does not prescribe DEA-controlled substance, non-therapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. HealthiestYou physicians reserve the right to deny care for potential misuse of services.