Employee Wellness Toolkit | December 2024  
**Kaiser & Kaiser Small Group Plan Members**

**EMAIL ARTICLE**

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A person sitting on a couch with headphones on

Description automatically generated

Stay Healthy With Virtual Care Options This Winter

As temperatures drop and flu season ramps up, it’s important to have quick and easy access to care when you need it. Virtual care options offer a safe and convenient way to connect with healthcare providers so that you can get the help you need fast.

Here are the top three reasons why you should choose virtual care this winter.

1. **Quick and Easy Access**: Virtual healthcare makes it easier than ever to get medical advice and prescriptions without the long wait for an in-person appointment. This is an ideal solution for getting care fast when flu and other winter viruses impact you or your family. Plus, all virtual options offer primary care – so if you like your doctor, you can keep them!
2. **Multiple Options:** Our health plan offers multiple solutions to accommodate different preferences and health needs such as video consultations and text-based chats. With multiple options, you can get care 24 hours a day, 7 days a week.
3. **Savings**: BHT member employees can realize big savings when choosing virtual care instead of traditional urgent care for treatment of common winter ailments such as the flu. A trip to urgent care can cost you between $60-$700 out-of-pocket even on the best health plan. With the typical cost of a co-pay at $30, and the ability to meet with a doctor 24/7 from the comfort of home, virtual care can help save you time and money.

**GET CARE FROM ANYWHERE**

Visit the Kaiser Permanente website for a full list of your virtual care options.

<https://healthy.kaiserpermanente.org/washington/get-care>

Download the Kaiser Permanente Washington mobile app for access to Kaiser clinicians 24 hours a day, seven days a week.

* [App Store](https://apps.apple.com/us/app/kaiser-permanente-washington/id445899971)
* [Google Play](https://play.google.com/store/apps/details?id=org.ghc.android&hl=en_US)

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

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