

What is TimelyCare?

TimelyCare is a virtual health and well-being platform available 24/7 for Southern Indiana employees.

Who can use TimelyCare?

Any enrolled Southern Indiana employee can use TimelyCare.

How do I log in?

Go to timelycare.com/usi or download the TimelyCare app to access care.

How much does a visit cost?

There is no co-pay or cost for Southern Indiana Employees.

I already have insurance. How does TimelyCare benefit me?

With TimelyCare, you will have free, 24/7 access to providers from anywhere in the United States, regardless of your insurance status. So, you'll never have to spend time or money looking for care.

What can I be treated for?

TimelyCare's providers can offer support for a wide range of common concerns, and after talking to you, will decide on the best course of treatment.

What services are available?

- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you. (6 visits per year)
- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.



It's for Employees.
FOR FREE.

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