Take 10 for Telemedicine ⏱

Don't put it off any longer: Take 10 minutes today to familiarize yourself with your telemedicine provider, download the app, and create an account.

In the midst of the coronavirus outbreak, this tool can save you time and money and reduce your exposure to illness. Telemedicine providers are equipped, specially trained, and ready to remotely care for non-emergent issues — including if you suspect you have symptoms of the coronavirus. **Additionally, all telemedicine services related to coronavirus testing are available to you at no cost through the end of the coronavirus public health emergency.**

Use telemedicine and stay out of the ER, urgent care or doctor's office unless absolutely necessary. Just take 10 today so you're ready when you need it.

Download the telemedicine app today!