

My College Doctor™

Telehealth for Colleges and Universities

TELEHEALTH FOR COLLEGE AND UNIVERSITY STUDENTS





EFFECTIVE TELEHEALTH FOR STUDENTS

An integrated, industry-leading solution designed to provide convenient, affordable access to healthcare

MY COLLEGE DOCTOR
EFFECTIVELY SERVES AS A
CERTIFIED, PROFESSIONAL
EXTENSION OF COLLEGIATE
HEALTHCARE AND
COUNSELING SERVICES.

One of the nation's premier healthcare savings platforms, **My College Doctor**[™] delivers effective telehealth solutions that successfully merge institution affordability with quality, accessible care for student populations. Available nationwide, **My College Doctor** serves as an efficient extension of collegiate healthcare resources.

Our telehealth solution helps colleges and universities remedy provider shortages and relieve on-site facilities by resolving 70% of all reported non-emergency medical conditions.

Most importantly, **My College Doctor** has a national network of board-certified medical providers, master-level therapists, psychologists, psychiatrists, expert nutritionists, wellness coaches and more. Best of all, students can discreetly and confidently receive medical assistance at their convenience — 24 hours a day, 7 days a week, 365 days a year.

PREMIER TELEHEALTH SOLUTION

With **My College Doctor**, colleges and universities can provide around-the-clock telehealth services, accountability-driven wellness coaching, leading behavioral health services and a best-in-class pharmacy program. Our premier telehealth solutions are available for all students regardless of pre-existing conditions or insurance status. Despite government regulation, college students remain the largest group of uninsured Americans.

EXPRESS HEALTHCARE



Available 24/7/365, **My College Doctor** provides open access to board-certified, credentialed physicians anytime, anywhere in the United States. Our board-certified physicians diagnose a variety of acute conditions, provide treatment plans, prescribe medication, when deemed necessary, and provide follow-up consultations when needed.

My College Doctor allows students to receive help beyond the working hours of on-site campus healthcare centers. Members typically receive assistance within 30 minutes. Medical consultations are available via phone or video chat.

- Telemedicine consultations available 24/7/365.
- No insurance required.
- No consultation fees, co-pays, or out-of-pocket costs.
- Successfully treats over 70% of reported medical issues.
- Discounted Lab Testing for STDs and other conditions.



HIPAA-COMPLIANT
PLATFORM



CONSULTATIONS
WITHIN 30 MINUTES



AVAILABLE
24/7/365

STUDENT ACCESS TO HEALTHCARE

“Investment in affordable, accessible health care for college students can dramatically improve mental and physical health on college campuses.”

- **American College Personnel Association**



DOCTORS AVAILABLE 24/7/365

Telemedicine consultations from board-certified physicians that treat a large variety of acute conditions including:

- Allergies
- Cold/Flu
- Insect Bites
- Skin Infections
- Minor Burns
- Pink Eye
- Tonsillitis
- Sprains & Strains
- Ear Infections
- Gastroenteritis
- Sinusitis
- and more!



DERMATOLOGY

Staffed with board-certified dermatologists, **My College Doctor** provides quality, convenient care that adequately treats a variety of minor skin conditions. Our telehealth solution treats the most common minor dermatological conditions amongst college students, giving them access to medical assistance. Medical consultations are available via phone or video chat.

Available 24/7/365, we are dedicated to providing members with affordable and responsive dermatological care from anywhere in the United States. Utilizing our secure portal, members can discreetly upload images to ensure an accurate diagnosis. Follow-up medical consultations are available when necessary.



COMMONLY TREATED CONDITIONS INCLUDE

- Acne
- Eczema
- Psoriasis
- Rosacea
- Alopecia
- Cold Sores
- Rashes
- and more!

LABORATORY TESTING*

My College Doctor offers confidential, discounted* laboratory testing for a wide range of conditions. With over 5,000 testing locations nationwide, our physicians can seamlessly order laboratory testing for members in need to help pinpoint illnesses. After testing, students can speak with a physician if education and treatment plans are required.

STD TESTING

My College Doctor also offers confidential laboratory testing for sexually transmitted diseases. Committed to providing our members with excellent care, **My College Doctor** simplifies STD testing for students. Often reluctant to seek in-person treatment on campus, students with undiagnosed STDs may unknowingly spread a disease to others. With **My College Doctor**, members can privately receive proper testing at a local diagnostic facility. Our physicians are ready and available to deliver results, provide general education and treatment plans and prescribe medication when deemed necessary.



**Confidential
Lab Testing**
at over 5,000
locations
nationwide

*Discounted laboratory fees are not included with membership and must be paid at local testing facilities.

LEADING BEHAVIORAL HEALTH SERVICES

Expert, mobile behavioral health services help students triumph over emotional and mental health issues

My College Doctor serves as an effective extension of healthcare resources in supporting and treating student emotional and mental health. Overall, we understand that the transition to a college or university may bring significant challenges or environmental changes. According to the National College Health Assessment, three out of five students experience behavioral health issues, but only 15% seek help at on-site counseling centers.

Our expert behavioral health clinicians provide assessments, diagnoses, consultations, and brief psychotherapy to address various mental and emotional needs via phone or video chat. The first two 50-minute sessions are free. Afterward, members may continue therapy and/or psychiatry sessions for a fee.



Research conducted by the **Association for University and College Counseling Center Directors** found the most common collegiate behavioral health issues are:



Anxiety
48.2%



Depression
39.1%



Stress
34.5%

BEHAVIORAL HEALTH BENEFITS

- **CONVENIENCE:** Tele-behavioral health allows students to receive help via phone or video chat. In many cases, tele-behavioral health services remove barriers and make therapy accessible to those in need.
- **SERVICE AVAILABILITY:** Our program provides timely contact and connection with a behavioral health clinician.
- **QUALITY OF CARE:** Members are connected to the appropriate expert clinician following an assessment.
- **CONTINUITY OF CARE:** Members are offered real-time access to behavioral health assessments along with recurring treatment from the same clinician each time.
- **SECURITY AND PRIVACY:** Members and clinicians engage in private treatments via phone or video chat.
- **AFFORDABILITY OF CARE:** Two free 50-minute sessions are included.

LEADING TELETHERAPY

Commonly Treated
Conditions Include:

- Grief and Loss
- Anxiety
- Eating Disorders
- Depression
- Drug and Alcohol Issues
- Stress Management
- and more!

EXPERT WELLNESS COACHING

Accountability-driven wellness coaching for positive, long-term lifestyle changes

My College Doctor offers a revolutionizing wellness coaching program tailored to help members achieve long-term success. Our wellness program has trained nutritionists, personal trainers, and life coaches expertly trained to help facilitate positive behavioral changes that improve overall health. From smoking cessation to weight management, our accountability-driven coaching is done by phone or video chat. This allows students to receive personalized education, training, and encouragement from the privacy of their dorm rooms or off-campus.

Wellness coaches work with members to build self-confidence to exert control over one's behavior and personal environment for lasting, positive changes. Our member-directed approach focuses on improving one's total well-being by addressing emotional, physical, and practical components.

Our coaches are National Certified Health and Wellness Coaches, the highest standard for wellness coaching regulated by the National Board of Medical Examiners (NBME), and the International Consortium for Health and Wellness Coaching (ICHWC).



Together, members and coaches mutually design wellness plans around the following:

- Weight Management
- Fitness and Exercise
- Tobacco Cessation
- Stress Management
- Lifestyle Improvement
- and more!

PHARMACY SAVINGS

Our college pharmacy program offers 195 of the most commonly used generic medications for free when prescribed by **My College Doctor** telehealth providers. This helps alleviate expenses at on-site healthcare centers while delivering free medication when students need it the most. Students also receive up to an 80% discount off other prescription medicines. Available at over 65,000 pharmacies nationwide.

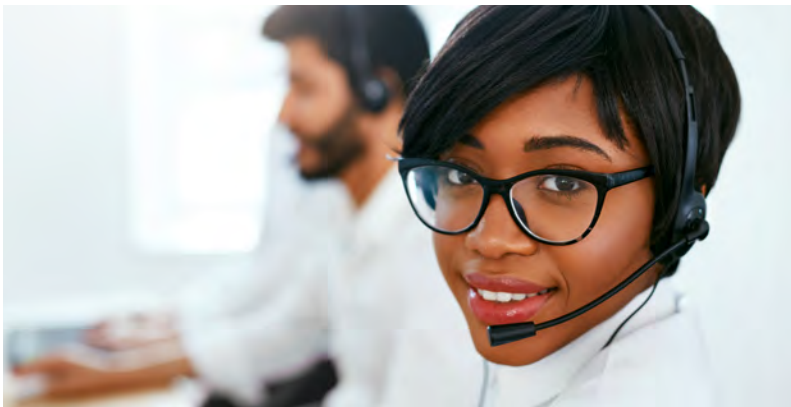
More than 65,000 participating pharmacies nationwide include:



FOR COLLEGE AND UNIVERSITY ADMINISTRATORS



Through **My College Doctor**, now colleges and universities can provide their students with 24/7/365 premium telemedicine services, best-in-class pharmacy program, leading behavioral health services, and revolutionizing wellness coaching programs. Our premier telehealth solutions are available for all students regardless of pre-existing conditions or insurance status. Now you can offer an excellent, affordable, accessible supplement to your own health centers.



TOP-NOTCH MEMBER SERVICES

Trained to handle almost any situation, our member service representatives help to ensure a positive experience and work diligently to connect members with physicians. Available 24/7/365, our member service representatives also answer general service questions and member account inquiries.

CLIENT SUPPORT

Our goal is to provide fast, efficient and comprehensive healthcare services to our clients. We have dedicated account management, member awareness and marketing teams that continually work to increase client utilization and cost savings, and ensure a successful implementation and member utilization process.



FULLY CREDENTIALLED, HIGHLY EXPERIENCED PHYSICIANS

My College Doctor physicians average over 15 years of medical practice. We use a credentialing agency to ensure that only the best providers are servicing our clients. The credentialing process includes license verification, reference checks, and background checks. The process is in accordance with the American Association of Preferred Provider Organization (AAPPO) standards, the same criteria used by hospitals to grant privileges.

NOW, MORE THAN EVER, TELEMEDICINE MAKES SENSE

My College Doctor plans include:

- ✓ Access to board-certified doctors 24/7/365 on your smart phone or computer!
- ✓ 195+ most common generic prescriptions included with consult for no additional charge!
- ✓ Insurance not required.
- ✓ Includes student counseling, dermatology, lifestyle improvement, prescription and lab services.
- ✓ Private and confidential treatment.



My College Doctor™
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This program is NOT insurance coverage, not intended to replace insurance, and does not meet the minimum creditable coverage requirements under the Affordable Care Act of Massachusetts M.G.L.c. 111 M and 956 CRM 5.00. This plan does not cover Emergency Care Services or Specialist Visits.