

What is TimelyCare?

TimelyCare is a virtual health and well-being platform available 24/7 for Lenoir-Rhyne students.

Who can use TimelyCare?

Any enrolled Lenoir-Rhyne student can use TimelyCare.

How do I log in?

Go to _____ or download the TimelyCare app to access care.

How much does a visit cost?

There is no cost to enrolled Lenoir-Rhyne students.

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, whether you're on or off campus.

Can I get a prescription?

Yes, if the provider deems it clinically appropriate.

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?

- **MedicalNow:** On-demand support for common health issues, including cold, flu, and allergies.
- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you.
- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.
- **Psychiatry:** Appointments are available through referrals.
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.

It's for Students.

FOR FREE.