

Virtual options may help you feel better, faster—all from the comfort of home.

The Surest health plan now includes more virtual care options as part of the search experience. Just download the app and search for “virtual visits.” Board-certified doctors or professionals are available from the large UnitedHealthcare network for:

Virtual acute care:

Sinus infections • UTIs • rashes • headaches • common cold and flu symptoms • and more

Virtual mental health:

Online therapy, counseling

Virtual primary care:

Chronic conditions • wellness visits • ongoing needs

Virtual intensive outpatient therapy:

For teens and young adults most at risk for a mental health crisis

Virtual dermatology:

Acne • rosacea • eczema • psoriasis • skin cancer checks • rashes • hair and nail conditions

Virtual exercise therapy:

Relieve back, neck, and shoulder pain in less than 15 minutes a day

Virtual women’s health:

Menopause • heavy bleeding and painful periods • endometriosis • PCOS

Virtual sleep clinic:

Severe snoring • sleep apnea • excessive daytime fatigue

Virtual serious mental illness*:

Meet with a health connector, therapist, or psychiatrist for obsessive compulsive disorder, post-traumatic stress disorder, bipolar disorder, or schizophrenia

Virtual substance use support*:

Addiction treatment and support

Virtual eating disorder support*:

Evidence-based eating disorder care

Virtual gastroenterology*:

Personalized care to diagnose and treat the main causes of digestive conditions

Virtual speech therapy*:

Partner with a licensed therapist for one-on-one care

Virtual migraine care*:

Develop a personalized care plan to help manage your pain

There are numerous benefits to virtual care.

Surest members use virtual visits **7 times more** than the national average.¹



Still have questions about virtual coverage?

Member Services is available through chat, secure web form, or by calling the number on the back of your Surest member ID card.

Virtual care options may differ by employers. *May be geographical limitations regarding virtual provider availability. 1. Surest 2022 book of business vs. DoD book of business 2022. Insurance coverage for fully insured plans is provided by All Savers Insurance Company (for FL, GA, OH, UT and VA), by UnitedHealthcare Insurance Company of IL (for IL), by United Healthcare of Kentucky, Ltd. (for KY), or by UnitedHealthcare Insurance Company (for AL, AR, AZ, CA, CO, DC, DE, GA, IA, ID, IL, IN, KS, KY, LA, MD, MI, MN, MO, MS, MT, NC, NE, NH, NV, OH, OK, PA, RI, SC, SD, TN, TX, UT, VA, WI, WV and WY). These policies have exclusions, limitations, and terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact either your broker or the company. Administrative services for insurance products underwritten by All Savers Insurance Company and UnitedHealthcare Insurance Company, and for self-funded plans, are provided by Bind Benefits, Inc. d/b/a Surest, its affiliate United HealthCare Services, Inc., or by Bind Benefits, Inc. d/b/a Surest Administrators Services, in CA. © Bind Benefits, Inc., d/b/a Surest. All rights reserved. B2C_24-AI-686298_0824