

## When to use MyHealthTeam

Our providers can treat many conditions including:

- Colds, flu and allergies
- Pink eye
- Ear infections
- Respiratory infections
- Sinus and skin problems
- Follow-up for some chronic conditions, such as diabetes or high blood pressure

## Getting Started

Using **MyHealthTeam** is easy. You'll need:

- An email address
- A smartphone, computer or other device with internet access\*
- A debit or credit card (unless you have a Medicare Advantage plan)
- The **MyHealthTeam app**. Text "HealthTeam" to 33289 for a link to download the app directly from the Apple App Store or Google Play

## What's Next?

**Call your USMD clinic** to book a **MyHealthTeam** appointment.

Visit **www.USMD.com** for more information.

Your visit may be covered by insurance. Check with your health care plan insurer for details.\*\*



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\* MyHealthTeam should be accessed through a secure internet connection.  
\*\* Coverage varies by health plan. USMD does not discriminate on the basis of race, ethnicity, or national origin in its assistance services, free of charge, and is available to all patients, regardless of their ability to pay, without discrimination, sin cargo, a su disposición. Llame al



## Get Care **When You Need It**

Need to see a doctor but can't make it to the clinic?  
**Introducing MyHealthTeam.**

**MyHealthTeam** gives you **online access** to a USMD provider from **8 a.m. to 8 p.m.** through your **smartphone, tablet or computer.** It allows you to see and talk to a provider and receive quality care just like you would if **you were in the same room.**

**www.USMD.com**

See reverse for details.

