

00:04 Do you ever wish you could
00:05 talk to a doctor whenever you wanted
00:07 and without having to go into an office?
00:09 With virtual care.
00:10 You can.
00:12 Virtual care can also be called
00:13 telehealth or telemedicine.
00:15 But no matter what you call it, it's easy to use.
00:18 Many health care providers have added
00:20 virtual care as an option for their patients,
00:23 letting them connect remotely in real time.
00:26 Your own doctor may even offer
00:27 virtual care during their business hours.
00:31 If your doctor's office is closed
00:32 or it's a weekend and it's not an emergency,
00:35 you can access virtual care
00:37 on myCigna dot com 24/7.
00:40 It's also convenient
00:41 if you can't leave your home or work
00:43 or you don't have transportation.
00:46 Virtual care is usually a video call,
00:48 but it can also take place over the phone, by email,

00:51 through an app or on a secure website.

00:56 From ear pain and allergies to prescription

00:58 refills and wellness screenings,

01:00 virtual care doctors can diagnose

01:02 and treat many common health needs.

01:06 When you're ready to schedule

01:07 your virtual care visit,

01:09 take a few minutes to get yourself set up

01:11 so that you'll have the best experience possible.

01:14 You'll first want to make sure

01:15 that your device has good

01:16 cellular or Wi-Fi connection

01:18 and is properly charged.

01:20 Next, if you're having a video call, check to see

01:23 that your device supports video

01:25 and the true camera is on.

01:27 Finally, find a private and quiet space

01:30 that has good lighting.

01:32 As with any doctor appointment,

01:34 you want to make the best use of your time.

01:36 And you can do that

01:37 by preparing a list

01:38 of your symptoms, medications
01:40 and questions beforehand.
01:42 It also helps to have paper and a pen nearby
01:45 so you can take notes about any prescriptions, lab
01:48 work or follow ups that the doctor recommends.
01:51 Now you're ready.
01:53 So the next time you're not feeling well
01:55 or need to talk to a doctor.
01:57 Just log into myCigna dot com and select
02:00 Find Care and Costs.
02:02 You can feel good knowing you'll be
02:04 put on the right path to feeling better.
02:06 And with virtual care,
02:08 it's never been easier.