



YOUR VIRTUAL CARE BENEFIT

Be Ready for Cold & Flu Season

Fall is here, and with cold and flu season around the corner, now is the perfect time to make sure you're ready when you need care. As part of your benefits, you have access to **NALCHBP Telehealth**, convenient virtual care that connects you with licensed clinicians anytime, anywhere. Whether you're dealing with a sore throat, congestion, a lingering cough, or other common seasonal symptoms, NALCHBP Telehealth makes it easy to connect with a healthcare provider without disrupting your day.

What Can You Use NALCHBP Telehealth For?

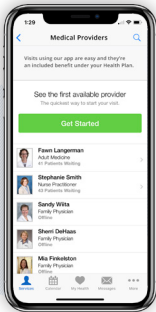
-  **Urgent Care.** Get care 24/7 for common concerns like cold and flu symptoms, allergies, sore throats, sinus infections, and more. Physicians assess your symptoms, provide a treatment plan, and send prescriptions to the pharmacy of your choice when needed.
-  **Dermatology.** Dermatologists can diagnose and provide a treatment plan in under 72 hours, for skin, hair, and nail conditions. Just describe the reason for your visit and upload photos of the affected area.
-  **Nutrition Counseling.** Receive meal plans, recipes, and tips to reach your goals from registered dietitians. Appointments are available evenings and weekends, too.
-  **Lactation Consultation.** Need breastfeeding support? Get care from the comfort of home with 50-minute visits available seven days a week.

DISCLAIMER: If you have already created an NALCHBP Telehealth account, no further action is required. Virtual care is not for emergencies. For emergencies call 911. Prescriptions are available, as needed, based on provider judgement. Some medications considered controlled substances by the Drug Enforcement Agency (DEA) cannot be prescribed using telemedicine. All clinical care rendered on the Amwell platform is delivered exclusively by licensed clinicians practicing through Amwell's affiliated provider group, Amwell Medical Group. Amwell itself does not provide medical care, treatment, or diagnosis. © 2026 NALCHBP Telehealth. All rights reserved.

Why Members Choose Virtual Care

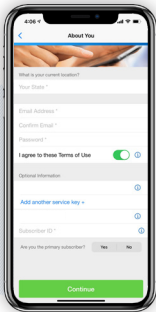
- ✓ Access care from home, work, or while traveling
- ✓ Avoid waiting rooms and unnecessary trips
- ✓ Connect with licensed providers in minutes
- ✓ Receive treatment recommendations and prescriptions when medically appropriate*

Sign up for NALCHBP Telehealth today!



1. Download the App

Visit nalchbptelehealth.org or download the app.



2. Create Your Account

Enter your health plan information and complete registration.



3. Get Care When You Need It

Connect with a licensed provider anytime, anywhere.



Activate your NALCHBP Telehealth account today!

Don't wait until you're sick to get started. Setting up your NALCHBP Telehealth account only takes a few minutes and ensures you'll be ready when cold and flu season arrives.