



Virtual Care From Anywhere

Get virtual health and
well-being resources from
your phone or computer



24/7 Virtual Health and Well-Being Support



Mental
Health



Peer
Support



**It's for Students.
FOR FREE.**

 @timelycare

 @timely_care

Visit timelycare.com/sbc to learn more.

©TimelyCare 2023

What is TimelyCare?

TimelyCare is a virtual health and well-being platform available 24/7 for Sweet Briar College students.

Who can use TimelyCare?

Any enrolled Sweet Briar College student can use TimelyCare.

How do I log in?

Go to timelycare.com/sbc or download the TimelyCare app to access care.

How much does a visit cost?

There is no cost to enrolled Sweet Briar College 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.

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?

- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you. (12 visits per year)
- **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.

©TimelyCare 2023

 @timelycare

 @timely_care



How to Access Free, 24/7 Virtual Care from Anywhere

It's simple! Follow these steps and you'll be connected to virtual health and well-being services in no time.

1. Access TimelyCare.

Scan this QR code.



2. Log in with your school email address.

Use the one that ends in .edu.

3. Fill out some information. Nothing too complicated!

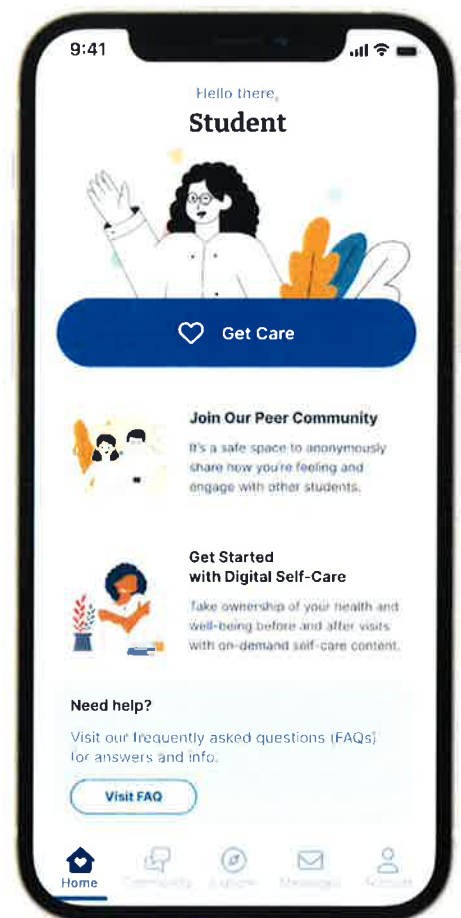
TimelyCare is confidential, secure, and HIPAA compliant.

4. Click "Get Care."

Well, you get it.

5. Don't need a visit right away? Check out our Explore page.

It's self-care at your fingertips.



Having trouble logging in? Call **1-833-4-TIMELY** for assistance.
We've got you covered!

timelycare.com/sbc

It's for Students. FOR FREE.

©TimelyCare 2023

@timelycare

@timely_care

