

What is TimelyCare?

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

Who can use TimelyCare?

All enrolled students.

How do I log in?

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

How much does a visit cost?

There is no cost to enrolled College of Idaho 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.

Can I get a prescription?

Yes, if the provider deems it clinically appropriate.

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?

- **MedicalNow:** On-demand support for common health issues, including cold, flu, and allergies.
- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Medical:** Choose the day, time, and medical provider that best works for you.
- **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 campus counseling referral.
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.



It's for Students.

FOR FREE.

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