



Virtual Care: The Service You Need, Right Where You Are

The University of Minnesota’s five system campuses offer a number of virtual care options for physical and mental health during this difficult time. There are options available to faculty and staff, graduate and undergraduate students, fellows, and residents. All resources listed are available on all five campuses (Crookston, Duluth, Morris, Rochester, Twin Cities) unless noted otherwise.

	Physical Health Resources	Mental Health Resources	Personal and Financial Resources
Faculty and Staff	<ul style="list-style-type: none"> • Amwell online virtual care clinic is available 24/7, accessible to all campuses, at in-network rates. Amwell treats common health areas from colds and influenza to pink eye, common prescriptions, reproductive health, and allergies, plus virtual Urgent Care. • Medica offers all members the CallLink telephone care line, accessible using the phone number on the back of any Medica ID card. • OnCare is a virtual care option for Twin Cities-based members of the VantagePlus ACO. • Virtuwell is a virtual care option for residents of Minnesota, Wisconsin, and select other states, and is in-network for Medica plans <i>except for</i> Altru and Vantage Plus. • You can also call your usual primary care clinic to find out if your primary care provider offers telephone appointments. <p>Learn more at: z.umn.edu/virtual_care</p>	<ul style="list-style-type: none"> • Amwell offers 24/7 virtual mental health care, including psychiatry and therapy, to Medica plan members on any plan or campus at a primary care cost. • Employee Assistance Program (EAP) by Sand Creek offers 24/7 in-the-moment support with a live, licensed counselor, including free referrals to additional resources. This service is available to all employees on all campuses, plus their dependents and spouses. The University has expanded EAP services throughout the COVID-19 pandemic to cover non-benefit eligible employees and their family members as well. • The National Suicide Prevention Hotline can be reached at 1-800-273-TALK (8255). In the Twin Cities metro, dial “CRISIS” or text “MN” to 741741. <p>Learn more at: z.umn.edu/UPlanMentalHealth</p>	<ul style="list-style-type: none"> • LSS Financial Counseling is available by phone or online appointment only to all University employees on all campuses. Talk with a counselor about important steps you can take to decrease financial stress. Budgeting, loans management/repayment, and credit score improvement are just a few topics that can be addressed. <p>Learn more at: https://z.umn.edu/financialcounseling</p>

<p>Fellows, Residents, Interns / Graduate Students / Undergraduate Students</p>	<ul style="list-style-type: none"> • Doctor On Demand provides virtual access to board-certified doctors ready to treat, prescribe, and diagnose. Service is available 24/7, and the \$10 copay is waived to \$0 for 30 days beginning March 14, 2020. • Boynton Health provides virtual visits for primary care, urgent care, physical therapy, and nutrition services. The Dental Clinic and Eye Clinic are providing phone consults and emergency services. 	<ul style="list-style-type: none"> • Doctor On Demand provides virtual access to board-certified psychiatrists and psychologists ready to treat, prescribe, and diagnose. Service is available 7 am–11 pm local time 7 days a week, and the \$10 copay is waived to \$0 for 30 days beginning March 14, 2020. • Boynton Mental Health offers virtual care for mental health appointments, as well as 24-hour crisis care. • The National Suicide Prevention Hotline can be reached at 1-800-273-TALK (8255). In the Twin Cities metro, dial “CRISIS” or text “MN” to 741741. 	<ul style="list-style-type: none"> • LSS Financial Counseling is available by phone or online appointment only to all University employees on all campuses. Talk with a counselor about important steps you can take to decrease financial stress. Budgeting, loans management/repayment, and credit score improvement are just a few topics that can be addressed.
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Virtual Wellbeing Resources

- [The Wellbeing Program](#) offers staff and faculty many online resources, as well as phone health coaching. In addition, the Earl E. Bakken Center for Spirituality and Healing is currently offering their [Mindfulness at Work](#) course online for only \$50. The course explores key mindfulness traits critical skills for thriving at work, especially during these challenging times. Use registration code 50work at registration to receive this discounted price. This course counts for Wellbeing Points.
- The [Earl E. Bakken Center for Spirituality and Healing](#) offers free-of-charge digital resources to all University affiliates including weekly [Stress Busters guided mindfulness meditations](#), and webinars including [Pathways to Resilience During Times of Change](#) on April 15.
- The [University Recreation and Wellness Center](#) (RecWell) will be updating their website with stories, workouts, videos, and other helpful resources for all University affiliates to use.