

Virtual Office Visits

Telemedicine allows you to have a virtual visit with a provider starting at \$0 with insurance or \$30 without insurance. Doctors can prescribe common medicines as long as it's not a controlled substance, like a narcotic. Virtual office visits are commonly used for allergy, flu or cold symptoms, minor skin conditions, and mental health therapy. Tele-visits can be on the computer, on the phone, or through video services like Zoom. The top four virtual visit platforms based on customer care satisfaction of Google and Trustpilot reviews are:

- 1) SesameCare.com 3) MDLive.com**
2) OpenPathCollective.org 4) Teladoc.com

Best Virtual Office Visit Platforms			
Com pany	Cost	Accepts Insurance?	Services and contact information
Sesame Care	Starts at \$30	No	Appointments with Doctors, Nurse Practitioners, Nurses, or other providers for an upfront cost. Phone: 1-877-947-6411 Email: Support@sesamecare.com
MD Live	As low as \$0 with insurance	Yes	Urgent Care, primary care, mental health, and dermatology. Phone: 1-800-400-6354 Email: On the website
Better help	\$60 to \$90 per week	No	Professional, licensed, and vetted therapists for mental health who you can trust. Phone: 1-888-688-9296 Email: Contact@betterhelp.com
Teladoc	As low as \$0 with insurance	Yes	Access General Medical, Mental Health, Dermatology, Nutrition, and Neck and Back services whenever you need to from wherever you are most comfortable by phone, video, or app. They offer 24/7 care by phone. Phone: 1-800-835-2362 Email: N/A

More information can be found about free or reduced clinics if you or someone you know doesn't have insurance at **EqualLearningforAll.com**.

Prescription Medication Price Reduction

Prescription medications can vary widely from pharmacy to pharmacy. Use these resources to get the best price. These resources are transparent and offer a cost-effective solution for acquiring your medication.

1) Singlecare.com 2) Goodrx.com 3) Wellrx.com

Home delivery pharmacies tend to be more affordable than “brick-and-mortar” pharmacies. Additionally, generic medications can save you money. According to the FDA, generic medications can cost, on average, 80 to 85 percent less than the brand-name equivalents while having the same active ingredients. The top three licensed home delivery pharmacies based on customer care satisfaction on Google and TrustPilot reviews are:

1) GeniusRX.com 2) SesameCare.com 3) Honeybeehealth.com

Best Home Delivery Pharmacies	
Pharmacy	Services and Information
SesameCare	Prices start at \$30 dollar visits with \$5 prescription medicine refills. Access prescription refills, skin consults, imaging, dentistry, therapy, labs, and more. Phone: 1-877-947-6411 Fax: N/A Email: Support@sesamecare.com
GeniusRx	Savings of up to 80% on medications without requiring health insurance. Access to dozens of commonly prescribed medications for \$7.20 or less. Free home delivery to 49 states (excluding Alabama). No joining fee. Phone: 1-800-964-9654 Fax: 1-833-308-0115 Email: Rxhelp@geniusrx.com
Honeybee	Competitive prices and currently licensed to ship to 45 states and territories. Phone: 1-833-466-3979 Fax: 1-310-559-5933 Email: Support@honeybeehealth.com

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