

The Wellness Wheel

Virtual Care & Knowing Your Numbers

We're exploring **Virtual Care**, a convenient way to connect with healthcare providers from wherever you are. Plus, don't forget to complete your **Wellness Program requirements** by **Oct. 2** to earn discounts on 2027 plan premiums.

Why Choose Virtual Care?

Virtual care makes it easier than ever to access healthcare.

- **Convenient:** Meet with a provider from almost anywhere
- **Cost-effective:** Often less expensive than an office visit
- **Accessible:** Get care quickly with options, including Rx and treatment plans
- **Personalized:** Some services allow you to see the same provider over time (See: [The benefits of virtual care](#))

Know Where to Go for Care

Not sure whether to choose virtual care, urgent care, your primary care provider, or the emergency room? Understanding your options can help you save time, lower costs, and get the care you need when you need it. Watch: [Where to Go for Medical Care](#). **UHC members:** Visit myuhc.com/virtualcare for virtual care options.

Learn more and [watch a video about virtual visits](#).

Surest members: Access virtual care providers at **\$0 cost** through the Surest app or [website](#).

Preventive Care & Screenings Save You \$

Staying on top of your health numbers can help you live longer and save money on medical expenses. Plus, you can earn 2027 plan discounts by submitting screenings through our [Wellness Program](#) by Oct. 2.

Remember: Taylor health plan members get free preventive care visits once per calendar year. Learn more: [Review your own preventive care checklist](#).



Stay Powered Up

Program resources are available 24/7 on [Your Benefits Hub](#) at employees.taylor.com.

Coming up in October

We'll share ways to strengthen connections and relationships to support overall wellbeing. And stay tuned for important information as Benefits Open Enrollment begins **Oct. 26**.



Scan Here

Link to Your Benefits Hub for all your benefit plan details.