



# Health & Life

*the Eder Way*

## Get medical care when you need it

*“A merry heart doeth good like a medicine...” Proverbs 17:22*

To have a merry heart means we must meditate on the Word of God, rejoicing in His goodness. Countless medical studies have proven that having a merry heart improves our immunity, which helps us heal faster. While it’s crucial to concentrate on healing Scriptures when we’re ill, it’s also essential that we don’t delay medical care. But what if we’re so sick that we have no energy to go to the doctor, or our doctor’s office is closed?

The answer is telemedicine, also called telehealth or virtual medicine. With telemedicine, you can use your computer, tablet, or cell phone and an app to quickly meet with a doctor via live video. So don’t wait for medical care. Start using telemedicine services today. And your merry heart can do the rest.

— Beth Martin, Eder Financial’s Marketing Director and Author of *The Telemedicine and Telehealth Handbook for Medical Practices*



## Virtual medicine delivers healthcare ...



### ... wherever you are, with your healthcare provider

It is now easier to schedule a virtual visit. You can see a specialist or get a mental health assessment and counseling from your home. Doctors can monitor and manage chronic conditions online.

### ... whenever you need it

You have 24/7 access to U.S. licensed, board-certified doctors and you can get medical attention even if you are far from your doctor or clinic.

### ... for non-emergency illnesses

90 percent of the reasons people visit urgent care centers can be treated through a virtual visit, such as respiratory infection, bronchitis, flu, conjunctivitis, cough, sore throat.

### ... that is improved and enhanced

Virtual medicine prevents the spread of disease because you are not exposed to others in an office or clinic. It also includes physical and occupational therapy where providers can remotely assess your physical mobility.

## Sign up for virtual medicine through your provider

### For Eder Medical Plan users

- Sign up @ Amwell.com  
Download the app to your mobile device or computer.
- Register and set up your health profile. Your information is stored safely and securely.
- Choose the type of visit you want.
- Select your healthcare provider by searching for a doctor’s name or specialty. You can also read about the doctor’s qualifications.
- Enter your insurance information.
- Select the reason for your online visit.
- Start your live video session.

**A REAL-LIFE EXAMPLE** — An Eder Financial member woke up in the middle of the night with pink eye. He knew his urgent care center was closed, so he got immediate help from an online doctor using the Amwell app. Medication was prescribed and the member picked it up from a 24-hour pharmacy. “The doctors were on point and very helpful,” he said. “It was an effective way of getting treatment in the comfort of my own home.”

### The pandemic caused a drastic increase in the number of people using virtual medicine.

According to Omcare.com, more than 80 percent of patients say they will continue to embrace virtual medicine in a post-pandemic world. Over 90 percent report that virtual medicine helps with prescription refills and more.

**Did you know you can save money by using the Amwell or another app?** Your out-of-pocket expense for a telemedicine visit is typically much less than a virtual visit with a PCP, even if insurance covers both.