

What is TimelyCare?

TimelyCare is a virtual health and well-being platform available 24/7 to all full-time faculty, staff, and non-student wage employees at Virginia Tech.

Who can use TimelyCare?

All full-time faculty, staff, and non-student wage employees can use TimelyCare.

How do I log in?

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

How much does a visit cost?

There is no cost for full-time faculty, staff, and non-student wage employees at Virginia Tech.

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.

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?

- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and stressors.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you.
- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.



For Full-Time Faculty, Staff
& Non-Student Wage Employees

FOR FREE.

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