



Carolinas HealthCare System

Your Health  
and Retirement  
at CHS

# Did YOU Know?

## *Your Options for Care*

Teammates,

Cold and flu season is upon us. This year, I sincerely hope you remain well; however, should you need care, I would like to remind you of cost-effective care options. In particular, virtual care options have expanded, which makes accessing care more comfortable and convenient when it matters most.

- **Nurse Advice Line.** Provides access to a registered nurse over the phone, 704-512-7887. Discuss your symptoms and get information about care. This service is available 24 hours a day/7 days a week
- **On-Site Care.** Seven locations available to teammates across CHS
- **CHS Virtual Visit.** Provides live access to a CHS medical provider on your tablet, smartphone or computer. This service is available 24 hours a day/7 days a week to patients physically located in North Carolina
- **eVisit.** *New!* Available to all CHS patients with a MyCarolinas account. This service provides access to CHS medical providers through MyCarolinas and is similar to Virtual Visit
- **Urgent Care Reservations.** *New!* You now have the ability to reserve your spot at Urgent Care and you will be alerted on your phone 30 minutes prior to your appointment

To learn more about your healthcare options, visit the [Get Care Now Reference Tool](#) on PeopleConnect.

Please know, understanding the best, most appropriate place to receive care will help you manage your healthcare costs.

I encourage you to use the innovative, convenient healthcare services listed above. They are available to you as a teammate and a CHS LiveWELL Health Plan member.

Be well.

Debra



**Debra Plousha Moore**

System Chief of Staff

Executive Vice President

*Together, let's prepare for today and plan for the future.*

To learn more about Your Health and Retirement at CHS, please visit:

[healthandretirement.carolinashealthcare.org](http://healthandretirement.carolinashealthcare.org)