

Talk to a doctor or therapist by phone or video

Through our relationship with Teladoc, students have access to HealthiestYou which provides access to doctors and mental healthcare from anywhere you are.

All services are free for students covered under the UHCSR insurance plan.

From the HealthiestYou app or website you can get:*

General Medical

Talk to a licensed doctor 24/7 by phone or video from anywhere

Mental Health

Choose a therapist and schedule an appointment by phone or video 7 days a week (7 a.m. to 9 p.m.)

- Therapist
- Psychiatrist

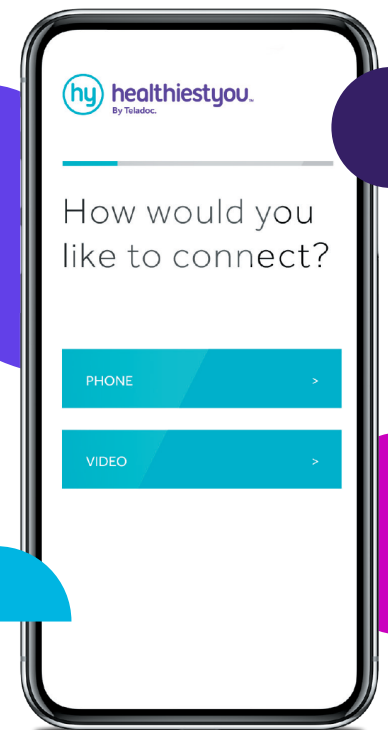
Nutrition

Talk to a registered dietitian for help with staying healthy



for UHCSR students

Discounted rate for non-UHCSR students



Get care when you need it

Call 855-870-5858

Download the app  

* For the 2025 - 2026 policy year

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