

Consult A Doctor 24/7 by Phone, Video or E-mail



- ✓ Never wait for a doctor again.
- ✓ Save time. Save money.
- ✓ Request prescription medication.

The Fresh, Bold Approach to Healthcare

Consult A Doctor™ provides on-demand, 24/7 phone, video and e-mail access to licensed physicians. Individuals and families can consult immediately with our network of U.S.-based, state-licensed doctors for common, non-emergent medical conditions.

Consult A Doctor redefines traditional healthcare delivery by harnessing the power of digital telephony and technology. The result: Americans nationwide can now experience real-time, quality physician care – anytime, anywhere, and for anyone.

Membership Benefits

Consult A Doctor combines around-the-clock physician care with powerful online health tools, to deliver a truly integrated health solution. We offer many healthcare access benefits, including:



On-demand physician care

Call or e-mail a doctor 24/7, without long waits at the doctor's office, urgent care or emergency room. Obtain information, treatment recommendations, and prescription medication, when appropriate*



Request prescription medication*

Get timely prescription refills, enjoy convenient pickup at your nearest pharmacy



Coverage for your entire family

Instant, affordable coverage for all ages – from children to senior citizens – no age limit



Nationwide medical expertise

All physicians are U.S.-based, state-licensed, and NCQA-certified. Availability in all 50 states



Easy-to-use online health tools

Powerful online applications to help identify and optimize lifestyle factors. Store and share your personal health records

* If appropriate.

Consult A Doctor is not health insurance, and does not replace your primary care physician. If you have an urgent medical condition, please dial 911. All services are HIPAA-compliant.

How it Works



Activate

So easy and convenient. You'll love the freedom and the savings!



Call or Click

Call or go online to connect to a board certified doctor in minutes.



Virtual Care

Fast, safe 24/7 medical information and diagnosis.

Visit www.cadrplus.com
or call (888) 571-5562



Multiple Ways to Consult

Telephone/APP			Online/APP	
📞 Consultations By Phone			✉️ Consultations By E-mail	📺 Consultations By Video
⚡ On-Call	🕒 Priority	📅 By Appointment	✉️ E-Consult	📺 Video
Informational	Diagnostic	Diagnostic	Informational	Diagnostic
<ul style="list-style-type: none"> ✓ Talk to a doctor immediately ✓ 24/7 informational consultation ✓ Get answers to important medical and health questions 	<ul style="list-style-type: none"> ✓ Talk to a doctor in as little as 30 minutes, 1 hour guaranteed ✓ Comprehensive diagnostic consultation ✓ Receive recommended treatment plan 	<ul style="list-style-type: none"> ✓ Schedule a convenient time to talk to a doctor (MON-FRI) ✓ Comprehensive diagnostic consultation ✓ Receive recommended treatment plan 	<ul style="list-style-type: none"> ✓ Email a doctor about symptoms or medical questions ✓ Response within 2-4 hours ✓ Secure & discreet for sensitive issues 	<ul style="list-style-type: none"> ✓ Face-to-face consultation ✓ Comprehensive diagnostic consultation ✓ Receive recommended treatment plan
📄 No diagnosis No prescription (Rx)	📄 Prescription (Rx) or refill if appropriate*	📄 Prescription (Rx) or refill if appropriate*	📄 No diagnosis No prescription (Rx)	📄 Prescription (Rx) or refill if appropriate*

70%

The American Medical Association has reported that as many as 70 percent of all doctor visits are for information only or for matters that can be easily handled over the phone.

When to Use Consult A Doctor

- ✓ Need information for non-emergent medical issues
- ✓ After-hours or on weekends and holidays, when your primary care physician is unavailable
- ✓ Require medical advice and care, without the inconvenience of time off work
- ✓ Need prescription medication for a common malady or a refill*
- ✓ While traveling or on-the-go

Common Conditions Treated

When your primary care doctor is not accessible or available for acute conditions like:

- ✓ Cold/Flu
- ✓ Sinus infections
- ✓ Bronchitis
- ✓ Allergies
- ✓ Headaches
- ✓ Pediatrics
- ✓ OB/GYN
- ✓ Stomach Ache/Diarrhea
- ✓ Eye/ear infections
- ✓ Rash/Skin Irritation
- ✓ Upper Respiratory Infections
- ✓ Urinary Tract Infections
- ✓ Yeast Infection
- ✓ And more...



My Personal Health Manager™

Integrated Health Technology at Your Fingertips

My Personal Health Manager (MyPHM™) is a one-stop web portal that combines 24/7 physician access with cutting-edge health applications. This integrated solution empowers members to lead healthier, more productive lives.

-  **My Consult Center** – Schedule appointments, e-mail a doctor, store and forward your medical history to your primary care physician
-  **Symptom Checker** – Interactive questionnaires designed to narrow down symptoms, medical conditions, and treatments
-  **Health Library** – The latest health articles and research at your fingertips
-  **Health Monitoring** – Track and manage your own wellness program with a few easy clicks
-  **Personal Health Record (PHR)** – Store, manage, and share your PHRs from one central location
-  **Risk Assessments** – Identify health risks with interactive lifestyle quizzes
-  **Health Alerts** – Receive the latest health industry news and policy updates



* To receive a diagnosis the member must complete a medical history assessment prior to consultation. There is no guarantee that member will receive prescription (Rx) medication, diagnosis or treatment plan. Consult A Doctor is not health insurance, and does not replace your primary care physician. If you have an urgent medical condition, please dial 911. All services are HIPAA-compliant.