See a provider without leaving home
Sanford Health Plan Video Visits make it easy for you to connect with a board-certified urgent care provider from the comfort of home. Using your desktop, tablet or mobile device, you can see a provider within minutes, giving you quick, convenient access to quality care.

What to expect
During your visit, a provider can assess your symptoms, develop a treatment plan and send a prescription to your pharmacy of choice, if needed.

$0 Urgent care 24/7*
Our providers can help with common conditions, including:
- Coughs and colds
- Flu-like symptoms
- Sinus congestion and discomfort
- Allergies, skin and eye irritations
- UTIs and bladder infections

Behavioral health
- Take care of your mental health by scheduling a visit with a therapist, psychologist or psychiatrist for concerns such as anxiety, depression or a social disorder.
- Your Sanford Health Plan standard office-visit cost share will apply to these services.

Steps for getting started
Desktop
Visit sanfordhealthplan.com/virtualcare.

Mobile
Search your App Store or Google Play for “Sanford Video Visits” and download the app.

Connect
Sign up or log in. Then, start a visit with a provider anytime, anywhere.

*HSA-qualified High Deductible Health Plans (HDHP) are not eligible for $0 video visits but do qualify for discounted visits for which Health Savings Account (HSA) dollars may be used.