

# Virtual Care

Quick. Convenient. Secure. Affordable.



## E-visit

Send Secure Messages  
to Your Provider

Visit with a Sanford provider through secure email messages for non-urgent conditions. Complete a questionnaire and get a response from a provider within two to four hours.

\$0\*

\$28 for those on HDHP and TRUE or PLUS HDHP



## Video Visit

See a Provider  
from Your Device

Visit with a Sanford provider over your webcam from home, work or almost anywhere in between for non-urgent conditions like colds and flus.

\$0\*

\$49 for those on HDHP | \$20 for those on TRUE or PLUS HDHP



## Virtual Exam

Enhance Your Video Visit  
With Diagnostic Tools

Use a handheld exam kit to perform a guided medical exam with a Sanford Health provider 24/7. You can receive a diagnosis, a treatment plan, and a prescription if needed, all from the comfort of your home.

\$20

\$49 for those on HDHP | \$40 for those on TRUE or PLUS HDHP

To learn more, visit  
[sanfordhealthplan.com/virtualcare](https://sanfordhealthplan.com/virtualcare).

Virtual care is available to Members located in SD, ND, MN, IA, and NE.  
Virtual Exams are available in SD, ND, MN, IA, and NE.

\*Sanford Health Plan members save money with \$0 co-pays for e-visits and video visits through Sanford Health providers. Other contracted providers' rates may differ. Some exclusions apply; call Sanford Health Plan at (800) 752-5863/ TTY/TDD: 1-877-652-1844 for more information.

**SANFORD**  
HEALTH PLAN