

Virtual care that makes healthier possible

Access your healthcare by
phone, video or app.



General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get a same-day appointment with a certified clinician from wherever you are.

Expert Medical Opinion

Need a second opinion? Get assurance and advice on a diagnosis, treatment or surgery from leading experts in over 450 specialties.

Mental Health

Have real conversations and see progress with a therapist or psychiatrist of your choice. Available 7 days a week from the privacy of your own home.



Discover digital content and resources based on your goals and needs. Recommended activities and content. Explore skill building tools and resources based on your ongoing needs and preferences.

Digital Physical Therapy

Overcome pain from home, in partnership with Sword Health, through a custom plan from a physical therapist and personalized content.

Dermatology

Start an online skin review with a dermatologist by uploading images and details of your concern. Get a treatment plan and prescription if needed in 24 hours or less.

Nutrition

Members work directly with registered dietitians who assess clinical nutrition needs and develop personalized programs including custom meal plans and shopping guides

**CAPLP Shared Services Alliance is offering this service for FREE
for eligible family child care providers!**

Questions? Contact Kendra at Kendrat@caplp.org

Visit HealthiestYou.com | Call 1-218-979-0324 | Download the app  