

Virtual care from anywhere.

Get on-demand support from counselors, doctors, nurse practitioners and more, right at your fingertips.

Create your **FREE** account:

1. Visit timelycare.com/flcc or download the TimelyCare app.
2. Click "Sign In."
3. Create your profile **using your school email**.
4. Follow the prompts to start your first visit.



IT'S FOR FINGER LAKES COMMUNITY COLLEGE.

FOR FREE.



TALKNOW

Get 24/7, on-demand
mental health support.



MEDICAL

Get 24/7, on-demand
and scheduled
medical visits.



HEALTH
COACHING

Schedule virtual
appointments with a
certified health coach.



SCHEDULED
COUNSELING

Access licensed
counselors in
your state.



PSYCHIATRY

Get access to no-cost
psychiatry services.

What is TimelyCare?

Access to 24/7 medical, mental health and health coaching support for all Finger Lakes Community College students.

Who can use TimelyCare?

Any enrolled Finger Lakes Community College student can use TimelyCare.

What services are available?

24/7 Medical visits, TalkNow visits (24/7 mental health support), Scheduled Counseling visits (12 per year), Psychiatry visits (with TimelyCare referral) and Health Coaching visits are available at no cost.

How do I log in?

Go to timelycare.com/flcc and follow the prompts.

**Mobile users will be directed to download the TimelyCare app.*

What can I be treated for?

Our physicians, counselors and health coaches can treat/discuss a wide range of common conditions, and after talking to you, will decide on the best course of treatment. Some common conditions are: cold, sinus infection, influenza (flu), stress and anxiety, relationships, depression, nutrition and healthy lifestyle.

How much does a visit cost?

There is no cost to enrolled Finger Lakes Community College students.

I already have insurance and a primary provider, how does TimelyCare benefit me?

With TimelyCare, you will have free, 24/7 access to doctors, counselors and health coaches from anywhere in the United States, so you'll never have to spend time or money looking for resources when you're away from home or campus.

Can I get a prescription?

Yes, if the provider deems it clinically appropriate.