

# For Individuals Seeking

## Discover ViCare®

**ViCare® by ViMedicus** is a personalized health and wellness program designed to support your mental, emotional, and physical well-being. Whether you're dealing with stress, anxiety, life transitions, or looking to improve your overall health, ViCare® connects you with real people who are here to help.

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## How ViCare® Supports You

With ViCare®, you'll be matched with experienced professionals who provide one-on-one guidance tailored to your needs:

- **Therapists** to help you navigate anxiety, depression, relationships, and stress
  - **Psychiatrists** for diagnosis and medication management, if needed
  - **Life Coaches** for personal growth, motivation, and goal-setting
  - **Registered Dietitians** for nutrition, weight management, and chronic condition support
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## What Makes ViCare® Different

- No cost to you (covered by your employer)
  - No insurance hassles; no copays, claims, or approvals
  - Unlimited sessions (based on your employer's plan)
  - Ongoing, personalized support; not just quick fixes
  - A dedicated **ViCare® Guide** to help you every step of the way
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## Easy Access to Care

Getting started is simple:

- Schedule appointments online or by phone
- Meet with providers via convenient telehealth
- Get timely access to care:
  - Psychiatry within 72 hours
  - Coaching within days

- Therapy and nutrition within 1–2 weeks

Your privacy is always protected - your employer will **never** see your personal health information.

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## **Take the First Step**

You don't have to navigate challenges alone. ViCare® is here to support you with real, human care that fits your life.

### **Get started today:**

[www.vicarehealth.com](http://www.vicarehealth.com) | 872-310-4040