



CHPW Virtual Care

Care when you need it —
without leaving your home



At Community Health Plan of Washington (CHPW), we make it easier for you to get the care you need, when and where it works best for you. If your regular provider isn't available, you have the option to connect with a doctor or behavioral health specialist by phone or video—often available 24 hours a day, 7 days a week.

Why use CHPW Virtual Care?

- **See a provider fast** — No travel or long wait times
- **Specialist visits available** — Dermatology, talk therapy, psychiatry
- **\$0 cost** — Fully covered for CHPW Apple Health members

Services available

- **Medical care:** Available 24/7 for 80-plus common conditions including cold/flu, allergies, rash, sinus infections, UTIs
- **Behavioral/mental health:** Appointments available in one to five days for a range of mild to moderate concerns including anxiety, depression, addiction, parenting support, and more
- **Dermatology:** Rashes, acne, eczema, and other skin conditions

How to get started

1. Go to chpw.org/virtualcare
2. Review all your telehealth care options
3. Choose a provider and schedule your phone or video visit



The new and improved CHPW Virtual Care mobile app is here!
Learn more at chpw.org/virtualcare

Questions?

Call CHPW Customer Service:
1-800-440-1561 (TTY: 711), Monday – Friday, 8 a.m. to 5 p.m.

If you have a life-threatening medical emergency, call 911.



CHPW Virtual Care

Daryeel markaad u baahan tahay — adoon ka bixin gurigaaga



Community Health Plan of Washington (CHPW), waxaanu kuugu fududaynaynaa inaad hesho daryeelka aad u baahan tahay, goorta iyo meesha ay adiga kugu habboon tahay. Haddii bixiyahaaga caadiga ah aan la heli karin, waxaad haysataa ikhtiyaarka ah inaad kula xiriirto dhakhtarka ama khabiirka caafimaadka dabeecadda telefoon ama muuqaal - badiyaa la heli karo 24 saacadood maalintii, 7 maalmood todobaadkii.

Waa maxay sababta loo isticmaalo CHPW Virtual Care?

- **U arag dhakhtarka si degdeg ah** — Uma baahnid safar ama sugitaanka mudada dheer ah
- **Booqashooyinka khubarada ayaa diyaar kuu ah** — Daaweynta maqaarka, baxnaanada hadalka iyo dhimirka
- **Qiimuhu waa \$0** — Si buuxda loogu daboolay xubnaha CHPW Apple Health

Adeegyada la heli karo

- **Daryeelka caafimaadka:** Waxaa la heli karaa 24/7 80 iyo xaaladaha caadiga ah oo ay ku jiraan hargab/hargab, xasaasiyad, finan, caabuq sanko, UTIs
- **Caafimaadka dhaqanka/maskaxda:** Ballamaha waxaa lagu heli karaa hal ilaa shan maalmood oo kala duwan oo dhexdhexaad ah ilaa dhexdhexaad ah walaacyo ay ka mid yihiin walaaca, niyad-jabka, qabatinka, taageerada waalidnimada, iyo in ka badan
- **Maqaarka:** Finanka, finanka, canbaarta, iyo xaaladaha kale ee maqaarka

Sida loo bilaabo

1. Tag chpw.org/virtualcare-so
2. Dib u eeg dhammaan xulashooyinka daryeelka caafimaadkaaga
3. Dooro bixiye oo jadwal u samee booqashada taleefankaaga ama muuqaalka ah



Barnaamijka cusub ee CHPW Virtual Care moobilka waa kan! Wax badan ka baro chpw.org/virtualcare-so

Su'aalaha?

Wac Adeegga Macmiilka CHPW:
1-800-440-1561 (TTY: 711), Isniin - Jimco,
8 subaxnimo ilaa 5 galabnimo.

Haddii aad leedahay xaalad caafimaad oo degdeg ah oo nafta-halis gelisa, wac 911.

Community Health Plan of Washington complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you need an accommodation, or require documents in another format or language, please call toll-free 1-800-440-1561 (TTY: 711) 8:00 a.m. to 5:00 p.m., Monday to Friday. Under Washington law, people have a right to be free from discrimination because of race, creed, color, national origin, sex, honorably discharged veteran or military status, sexual orientation, or the presence of any sensory, mental, or physical disability or the use of a trained dog guide or service animal by a person with a disability. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-440-1561 (TTY: 711). ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-440-1561 (телетайп: 711).