



**Here for you, day or night.**

**Get UMMC care on your smartphone or computer 24/7.**

**UMMC 2 You** gives you:

**24/7 minor medical care** for

- Cold and flu
- COVID-19 symptoms
- Asthma and allergies
- Rashes and bites
- Aches and pains
- Other minor medical issues

**\$10 copay per visit** for Select Plan participants

**\$10 copay per visit** for Base Plan participants. If deductible is not met, maximum per visit cost of \$75 until deductible is met.

**UMMC 2 You** also provides:

**Mental health care** by appointment for

- Depression
- Anxiety
- PTSD
- ADHD
- Bipolar disorder
- LGBTQ support and more

***Mental health care** visit cost will vary based on type of service. Labs or other tests may be required.*

**Medical nutrition therapy** by appointment.

A registered dietician will help you eat healthier to manage:

- High blood pressure
- Type 2 diabetes
- Fatty liver
- Weight issues
- Lowering your risk of chronic disease

**\$10 copay per visit** for Select Plan participants

**\$10 copay per visit** for Base Plan participants. If deductible is not met, maximum per visit cost of \$50 until deductible is met.

**UMMC 2 You** services are available for all who are covered by the Mississippi State and School Employees' Life and Health Insurance Plan.

**UMMC 2 You** is available through UMMC MyChart.

Sign up and schedule an appointment at [ummc2you.com](https://ummc2you.com).



**Center for Telehealth**

