

# HR UPDATE

## TELEMEDICINE REMINDER

Flu season is upon us! If you have the flu, you may have the following symptoms, and probably do not feel up to leaving home to see your doctor:

Chills  
Fever (100-102°)  
Cough and/or sore throat  
Headaches & body aches  
Extreme exhaustion  
Chest cough – can be severe  
Nausea, vomiting and/or diarrhea (most common in children)

Antiviral medication is most effective when started within 48 hours of symptoms, so prompt medical attention can make a difference. If you are sick and do not feel like leaving home, or are having a hard time getting an appointment with your primary care doctor, remember you have United Concierge Medicine available at **NO COST TO YOU and NO APPOINTMENT NEEDED!**

Upstate Concierge Medicine provides you\* and your covered dependents with unlimited access to local physicians and physician assistants via phone, video, email and text message 24/7/365. They can diagnose, treat, prescribe medication, order labs/x-rays and make recommendations for specialists in your area.

Telemedicine does not replace your primary care doctor, but can communicate with them and offer you care quickly without having to schedule an appointment or leave your home.

You can access United Concierge Medicine by downloading the app at [www.UpstateVIPmedicine.com](http://www.UpstateVIPmedicine.com) or calling 1-844-484-7362 (844-4-VIP DOC).

*\*Lexington's Telemedicine benefit is free for full time, part time and per diem employees, and their dependents who have enrolled. Family directed respite aides are not eligible for this benefit.*