



# How to Access Free, 24/7 Virtual Care from Anywhere

It's simple! Follow these steps and you'll be connected to virtual health and well-being services in no time.

**1. Access TimelyCare.**

Scan this QR code.



**2. Log in with your school email address.**

Use the one that ends in .edu.

**3. Fill out some information. Nothing too complicated!**

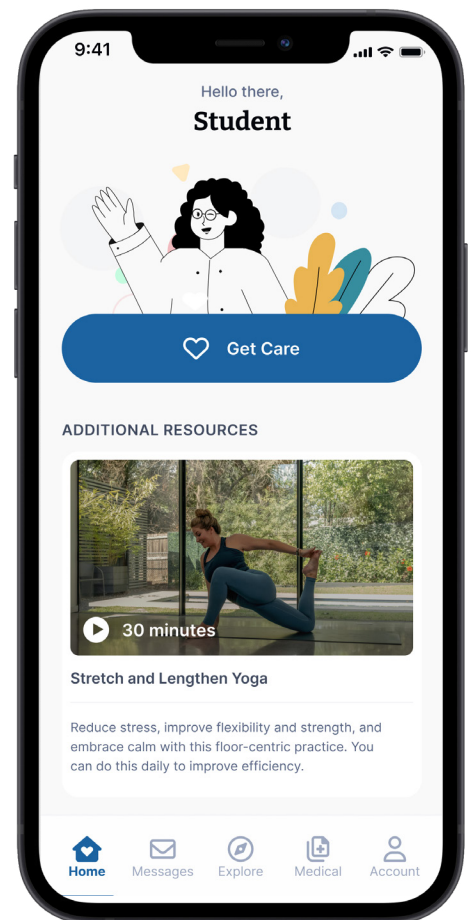
TimelyCare is confidential, secure, and HIPAA compliant.

**4. Click "Get Care."**

Well, you get it.

**5. Don't need a visit right away? Check out our Explore page.**

It's self-care at your fingertips.



Having trouble logging in? Email [help@timely.md](mailto:help@timely.md) or call **1-833-4-TIMELY** for assistance. We've got you covered!

[timelycare.com/msj](https://timelycare.com/msj)

**It's for Students. FOR FREE.**

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