

# The Right Care. Right Away.

## MVP Virtual Care Services

### Start with Gia<sup>®</sup>

From everyday health needs to urgent and emergency care, Gia is your ultimate health care connection. Available 24/7, Gia expertly assesses your health needs and quickly connects you to the right care. Access virtual care services, including emergency and urgent care, primary care, mental health and psychiatry, and more. Or when necessary, Gia can refer you to in-person care from nearby doctors, specialists, labs, pharmacies, and more.

Learn more at [GoAskGia.com](https://GoAskGia.com) or download the Gia app today.

### myVisitNow<sup>®</sup>

You can schedule online appointments for psychiatry, behavioral health, nutrition, and lactation services. Have your appointments at home, on-the-go, or anywhere from your smartphone, tablet, or computer with a webcam.

Learn more at [myVisitNow.com](https://myVisitNow.com) or download the myVisitNow app.

### Virtual Physical Therapy

Treat and help prevent pain and injuries anytime, anywhere from your smartphone with virtual physical therapy.

Learn more at [mvphealthcare.physera.com](https://mvphealthcare.physera.com).

When you don't know what care you need, start with Gia! Gia can refer you to MVP virtual care services or, when necessary, in-person care from nearby doctors, specialists, labs, pharmacies, and more!

