

Telehealth Options

Clinical and Behavioral Health

Connect with health care professionals from anywhere. Our telehealth solutions are simple to use with less waiting and no travel time. It's the next best thing to being in the same room.

	Clinical Telehealth	Mental Telehealth	
	Allina Health Everyday Online Online diagnosis and treatment in minutes	Arcadian One-on-one counseling with a mental health professional	AbleTo Licensed therapist and behavior coach, 8-week program
Hours of Operation	Available: 24/7	Available: 24/7	Available: Monday – Friday 8:00am – 7:00pm CST Saturday 9:00am – 5:00 pm CST
How to Access	<ul style="list-style-type: none"> • Onlinevisit.allinahealth.org • Call (888) 984-3638 for Everyday Online support. 	<ul style="list-style-type: none"> • Call Arcadian Telepsychiatry directly 866-535-4977 • Call number on your ID card for support 	<ul style="list-style-type: none"> • Call AbleTo 1-866-287-1802 (Option 3) • Call number on your ID card for support
When to Access	<ul style="list-style-type: none"> • Acne • Athlete's foot • Cold or Influenza • Cold sore • Constipation • Diarrhea • Ear pain (Swimmer's ear) • Eczema or Dermatitis • Hay fever or Allergies • Head lice • Hives • Insect bite • Urinary problems • Low back pain • Pink eye (Conjunctivitis) • Rash (Diaper, Vaginal yeast infection, Jock itch) • Sinus infection • Sunburn 	<ul style="list-style-type: none"> • Addiction support • Autism • Anxiety • Bipolar Disorder • Depression • Disease management 	<ul style="list-style-type: none"> • Alcohol and Substance Abuse • Bereavement Counseling • Breast cancer recovery • Cardiac Resilience • Caregiver support for autism • Caregiver support for children with respiratory conditions • Chronic Pain management • Diabetes • Long-term Depression/ Anxiety • Postpartum depression • Prostate cancer recovery • Military Transitions - help veterans address emotional challenges that accompany return from service

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	Allina Health Everyday Online	Arcadian	AbleTo
Member Cost	<ul style="list-style-type: none"> • Visits are \$45, copays and deductibles may apply • Service is included with medical coverage 	<ul style="list-style-type: none"> • Same cost as a face-to face office visit • Service is included with Aetna Behavioral Health coverage 	<ul style="list-style-type: none"> • No Cost • Service is included with Aetna Behavioral Health coverage • 8-week treatment model: includes 1 therapy and 1 coaching session each
Staff	<ul style="list-style-type: none"> • Certified Nurse Practitioner 	<ul style="list-style-type: none"> • Psychiatrist, Psychologist • Advanced Practices Registered Nurse • Social Worker • Counselor • Marriage & Family Therapist 	<ul style="list-style-type: none"> • Licensed Therapist • Non-licensed Behavioral Health Coach
Delivery Mode	<ul style="list-style-type: none"> • Online questionnaire accessible from your smart phone, tablet or computer • Telephone • Options to find an urgent care, walk-in clinic, emergency department, or primary care clinic are provided 	<ul style="list-style-type: none"> • Through your smart phone or computer using video 	<ul style="list-style-type: none"> • Through your smart phone or computer using video • Telephone
Prescribing	Prescribe Medication	Prescribe Medication based on scope of licensure	No Prescription Medications but can refer to Psychiatrist/ Psychologist

Not all features are available to all groups. Call the number on your ID card to verify your exact coverage specifics.

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