



# Enjoy a simpler health care experience with My Military Health

Health care on your terms. Anytime, Anywhere.



## SilverCloud

- Confidential, self-help digital wellness platform designed to boost resilience, increase well-being, and give you the support you need to thrive.
- Work through a program on your own or with a coach.
- Not considered formal behavioral health treatment and won't be reported or impact your security clearance.

## Scheduled Virtual Visits

- Schedule your virtual video visit when and where it's convenient for you.
- Save on travel time and expenses by connecting with your healthcare team when and where it's convenient for you.
- All you need is your smartphone, tablet, or computer.

Ask your provider if they offer Virtual Visits.



NMCP My Military Health Page

## Care Companion

- Offers support for lifestyle and wellness, post-partum/maternal care, hypertension, and type 2 diabetes.
- Secure, personalized chats give you information relevant and meaningful to you.
- Helps you better manage and monitor your health between visits.



## Quick Care Connect

- My Military Health Quick Care Connect provides you access to virtual urgent care from your smartphone, tablet, or computer.
- Simply log on to the MHS GENESIS Patient Portal to request a virtual video appointment.