



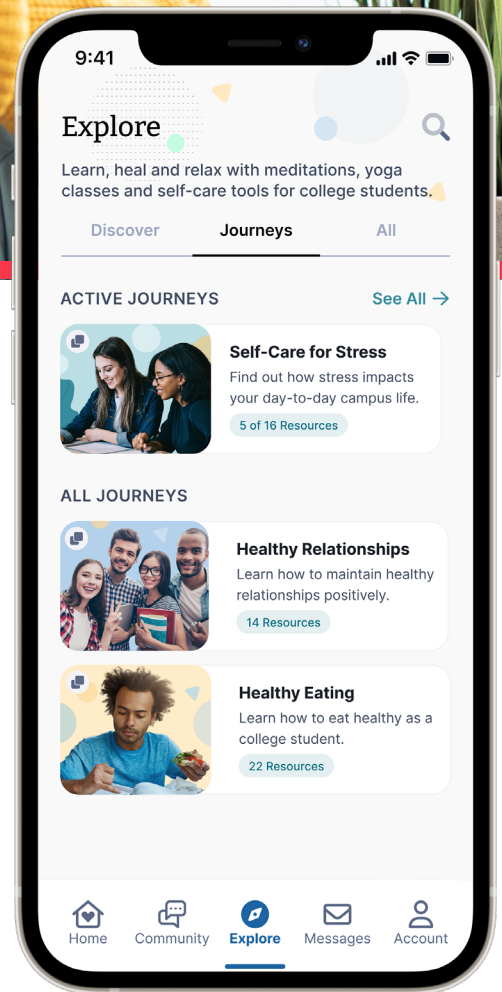
# Self-Care Journeys

## A New Care Experience for Students

With TimelyCare's Self-Care Journeys, your students have 24/7/365 access to evidence-based tools and techniques to navigate the unique health challenges they face. These category-specific journeys help students learn how to set goals to achieve better health and well-being, with topics including how to manage stress, maintain healthy relationships, and form healthy eating habits.

Featuring a set of diverse and experienced experts and instructors, Journeys are built on the foundation of our self-care tools that encourages healthy behaviors that we know influence positive outcomes in students.

Content in these journeys ranges from yoga and meditation sessions to short videos and easy-to-use guides designed to help college students build emotional intelligence, resilience, and healthy habits.



81% of students report that their emotional or mental health concerns have impacted their academic performance

[SOURCE: The Healthy Minds Study, 2021 Winter/Sprint Data Report]

## Support Students on Their **Wellness Journey**

Content development, design, and production for Self-Care Journeys take a student-centered approach. The result is student-centric, evidence-based, and inclusive tools that will engage and motivate students to be well and thrive.

This new care experience puts students in control of their health and well-being. And it's all integrated and coordinated across the TimelyCare Platform, giving students an all-in-one solution to improve their overall well-being. Journeys also enable TimelyCare's providers to use these experiences as part of a student's Care Plan.

### Self-Care Journeys are Designed for Students



#### **Accessible Language**

Journeys are made for students and meet them where they are to help them better understand the way they feel.



#### **Quick Check-Ins**

Throughout Journeys, students can quickly gauge their needs and understanding of each topic.



#### **Easy-to-Use Guides**

Content crafted by a set of diverse and experienced experts and instructors helps students set goals and intentions that stick.



#### **On-Demand Yoga**

Student-focused yoga sessions are designed to support students in key moments, including themes on test day, breakups, and body positivity.



#### **Guided Meditations**

Students can take peaceful, focused breaks to clear their minds when stress and anxiety start to take over.



#### **Easy, Simple Recipes**

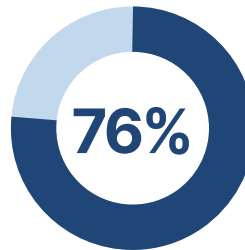
Nutrition is key to student health and well-being, which is why Journeys includes recipes that require only five ingredients, \$10, and 15 minutes.

Ready to transform your campus? **Get started at [timelycare.com](https://www.timelycare.com)**



## Virtual Health and Well-Being for Students

TimelyCare is the leading virtual health and well-being solution for students that provides colleges and universities equitable, on-demand access to mental health and medical care.



of four-year undergraduate students who considered dropping out in the past six months said it was due to emotional stress.

Source: Gallup and the Lumina Foundation

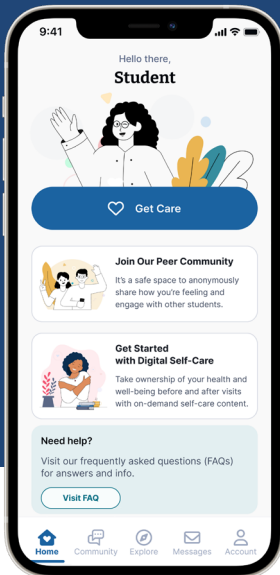
“The landscape of the student experience on a college campus has changed over the years—and continues to evolve. Offering these important services to our students is a critical part of our institutional commitment to ensuring our students have the best experience possible.”



**Michael T. Benson, D. Phil.**  
President and Professor of History  
Coastal Carolina University

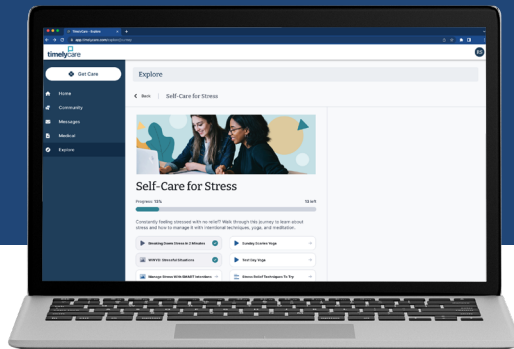
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# A Hybrid Model of Care for Higher Education











Student Rating of Providers  
4.9/5.0  
★★★★★

Student Rating of Visits  
4.8/5.0  
★★★★★



## TimelyCare Services

-  Mental & Emotional Support
-  Medical
-  Counseling
-  Psychiatry
-  Health Coaching
-  Care Navigation
-  Peer Community
-  Wellness

## Whole Student Health

Including mental and emotional support, medical, counseling, psychiatry, health coaching, peer support, self-care tools, and care navigation, TimelyCare provides the 24/7, on-demand and scheduled care that students need to be well and thrive.

## Diverse, Qualified Providers

Our medical and mental health providers have an average of 10+ years practice experience. Using evidence-based, clinical care guidelines, they are culturally competent and trained specifically to care for college students. And with 50% professionals of color, students can choose the provider who is right for them.

## Insights that Make a Difference

TimelyCare's team-based approach and care coordination complements your existing campus healthcare resources. Our commitment to quality assurance and ongoing satisfaction metrics means that we understand how to continuously improve student care.



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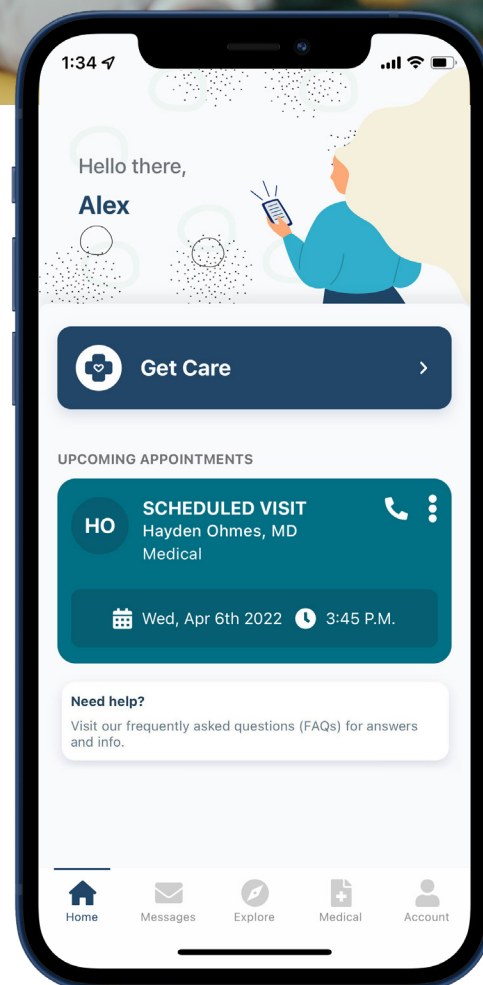


# TimelyCare

## Complete Care for Students

TimelyMD's virtual health and well-being platform, TimelyCare, extends the reach of your campus resources through 24/7 student access to mental health and medical support. With on-demand virtual care, scheduled visits, and digital self-care content, TimelyCare offers a complete student health experience. You can also meet students where they are and provide in-the-moment care by integrating our platform into your learning management system.

TimelyCare supports the continuity of care on campus by sharing care summaries back to your clinicians directly or via integrations with leading electronic medical records software.



**5 minutes**

The average wait time for on-demand mental health support



**10 minutes**

The average wait time for on-demand medical support

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## A Virtual Health + Well-Being Platform

Beyond traditional telehealth services, TimelyCare provides the virtual care experience that students expect. Available via our mobile application or desktop experience, we give students multiple ways to access care.

### TimelyCare's Key Components



#### The Virtual Clinic

Services include mental and emotional support, medical, counseling, psychiatry, health coaching, and care navigation.



#### Advanced Technology

TimelyCare is HIPAA compliant and SOC 2 Type 2 certified. Your institution can leverage single sign on (SSO), as well as LMS and EHR integrations.



#### Care Network

Diverse, culturally competent, and qualified providers are available in all 50 states and Puerto Rico.



#### Success + Support

A dedicated client success team provides ongoing-marketing support and reporting, while a 24/7 customer support team ensures students are able to access the care they need.

Ready to transform your campus? **Get started at [timely.md](https://www.timely.md)**