TELEHEALTH
Convenient care from providers offered from your phone, tablet or computer. Common conditions treated through telehealth include: allergies, cough, cold, flu, eye infections and skin conditions, such as rash.

MD LIVE
Available 24 hours, 7 days a week
Medical & Behavioral Health Care
Call 1-844-475-2050

MEMBER DISCOUNTS
ALTERNATIVE & SELF-CARE
As a U of U Health Plans member, you can get discounts on health-related products and services. For specific discounts, please visit uofuhealthplans.org.

GYM MEMBERSHIPS
We have contracted with local gyms to offer discounted gym memberships just for you.

OPTICAL CARE*
10% off All Vision Correcting Procedures
30% off Frames
20% off Lenses, Lens Treatments & Sunglasses
10% off Contacts
*Moran Eye Center Locations Only

ACCESS ASSISTANCE
As a U of U Health Plans member, you can call our Access Assistance line to help find a provider, transition to an in-network provider or schedule an appointment. Call 801-587-2851

MENTAL HEALTH SERVICES
In partnership with the Huntsman Mental Health Institute, we offer a 24/7 CrisisLine and a Mobile Crisis Outreach Team for crisis intervention, suicide prevention and treatment information. Call 801-213-0816

NURSE LINE
If you would like general information about health resources related to your insurance, our nurses are here to help 24 hours a day, 7 days a week. Call 801-505-3198

TO LEARN MORE, VISIT UOFUHEALTHPLANS.ORG