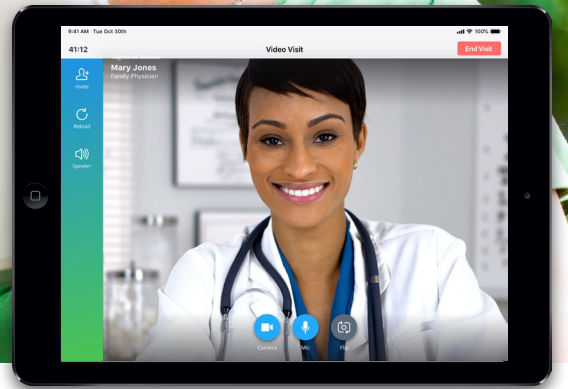




20547 Waverly Court
Ashburn, VA 20149

<First Name> <Last Name>
<Address 1>
<Address 1>
<City> <ZIP code> <State>

WOMEN'S HEALTH ISN'T ONE-SIZE-FITS-ALL



Talk with providers online for personalized support using NALCHBP Telehealth.

Women's health needs change throughout life. Now, you can meet with doctors and lactation consultants about concerns from home. Access convenient care whenever you need it.

Appointments are available any day of the week — evenings and weekends too!

Whether you're looking to have questions answered, a condition treated, or lactation support, providers are here for you at every stage of life. Sign up or log into NALCHBP Telehealth and select a practice to get started. You can view the available providers and have an on-demand visit.

Visit cost: \$0. Video visits using NALCHBP Telehealth are covered under your health plan.

Have a visit with a women's healthcare provider for:

- **Medical care:** Doctors and nurse practitioners can support many women's health needs for those 18 and older, including birth control, endometriosis, pelvic pain, premenstrual syndrome (PMS), rashes, sexual health, and more.
- **Pregnancy and postpartum care:** Find support before, during, and after pregnancy. Meet with doctors and board-certified lactation consultants anytime for care and breastfeeding assistance.
- **Menopause care:** Medical providers can answer questions, provide treatment, and prescribe medication for menopause-related health concerns.

Download the NALCHBP Telehealth app for free in the Google Play or App Store or visit nalchbptelehealth.org to get started.