

Virtual Urgent Care

With Dartmouth Health's Virtual Urgent Care, you can access a health care provider from wherever you may be—24 hours a day, seven days a week, 365 days a year. Each virtual urgent care visit is just \$49 for employees and their dependents on the Dartmouth Hitchcock Medical Center Health Plan, which is a much lower cost than other urgent care visits or a trip to the emergency room.

You can meet with a provider by phone or secure video to get help with any nonemergency medical conditions such as upper respiratory symptoms, fever, rash, GI concerns, headache and more. Providers can diagnose your symptoms, prescribe medication and send prescriptions to your pharmacy of choice.

Dartmouth Health's Virtual Urgent Care is staffed by providers within the Dartmouth Health system as well as MDLIVE physicians.

To learn more, visit:
go.d-h.org/virtualurgentcare



myDH

by Dartmouth Health

myDH is available through the mobile app or desktop so you can easily and conveniently manage your health from your mobile device.

myDH allows you to:

- Message your health care team
- Renew your prescription
- Check lab or other test results
- Review your after visit summary
- Manage your appointments
- Complete your questionnaire
- Pay bills

How to create a myDH account

- ▶ Go to myDH.org
- ▶ Create an account
- ▶ You can then download the **MyChart app** to your mobile device

 Dartmouth Health

Dartmouth-Health.org

 Dartmouth Health

Primary Care for Employees





Where can I go for care?

You can receive care at a couple of different locations. Depending on the location, you will have access to the following:

Service	Patient Age
General Internal Medicine	18 years and older
Family Medicine	All ages
Pediatrics	21 years and younger

What is Primary Care?

Dartmouth Hitchcock Medical Center's employee primary care offers comprehensive health care services, including:

-  **Preventive medicine**
to keep you at your healthiest
-  **Chronic disease management**
to help keep your chronic condition—such as high blood pressure or diabetes—under control
-  **Faster access**
to take care of you within 24-48 hours
-  **Care coordination with specialists**
-  **Minor surgical procedures such as:**
 - mole removal
 - vasectomy
 - IUD placement and removal

Primary care providers are trained to be the first person you call.

Care locations

Dartmouth Hitchcock Medical Center One Medical Center Dr., Lebanon, NH

- General Internal Medicine, 3M
- Pediatrics, 6L

Dartmouth Hitchcock Clinics, Heater Road 18 Old Etna Rd, Lebanon, NH

- General Internal Medicine
- Family Medicine
- Pediatrics

Employee Express Care for quick access to care

Walk-in care for minor illnesses and injuries. No appointment needed.

4L Employee Express Care

Call (603) 653-3850
7 am to 4 pm, Monday through Friday

How do I find a Primary Care Provider?

You can review providers on the Dartmouth Hitchcock Medical Center and Clinics website at dartmouth-hitchcock.org. Click on the "Find a Provider" tab at the top of the page.

Contact us

General Internal Medicine
(603) 653-9500

General Pediatrics
(603) 653-9663

Heater Road Primary Care
(603) 650-4000

Welcome!

As a Dartmouth Hitchcock Medical Center employee, you have access to some of the best medical providers in New England. We hope you will take advantage of receiving such great care, close to home and work!