

Virtual Care

Quick. Convenient. Secure. Affordable.



E-visit

Send Secure Messages
to Your Provider

Visit with a provider through secure email messages for non-urgent conditions. Complete a questionnaire and get a response from a provider within two to four hours.

\$0*

\$28 for those on HDHP and TRUE or PLUS HDHP



Video Visit

See a Provider
from Your Device

Visit with a provider over your webcam from home, work or almost anywhere in between for non-urgent conditions like colds and flus.

\$0*

\$49 for those on HDHP | \$20 for those on TRUE or PLUS HDHP



Virtual Exam

Enhance Your Video Visit
With Diagnostic Tools

Use a handheld exam kit to perform a guided medical exam with a Sanford Health provider 24/7. You can receive a diagnosis, a treatment plan, and a prescription if needed, all from the comfort of your home.

\$20

\$49 for those on HDHP | \$40 for those on TRUE or PLUS HDHP

To learn more, visit
sanfordhealthplan.com/virtualcare.

Virtual care is available to Members located in SD, ND, MN, IA, and NE.
Virtual Exams are available in SD, ND, MN, IA, and NE.

*Some exclusions apply; call Sanford Health Plan at
(800) 752-5863/ TTY/TDD: 1-877-652-1844 for more information.

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