

BROUGHT
TO YOU BY



**IAFF Health &
Wellness Trust**

 transcarent

Cold or flu? Get care without leaving your couch.

From sneezing to aches and fever, cold weather sniffles can be tough to diagnose yourself.

Fight off winter illnesses in 1-2-3.

1 Get your flu shot

The sooner the better—ideally September/October—but it's never too late to protect yourself from the flu.

2 Stay home

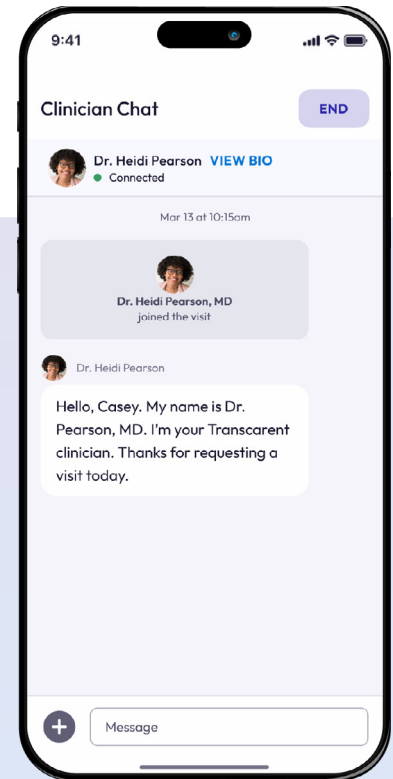
When you're feeling unwell, stay away from others to limit the spread and avoid exposing yourself to more germs.

3 Act Fast

Don't worry or wonder about your symptoms. Start an on-demand virtual care visit to get a diagnosis and treatment within minutes.

Eligibility

Cost



**Start a text-based visit
24/7/365:**

- Get a diagnosis and treatment plan
- Get prescriptions sent directly to your local pharmacy, lab orders, or self-care recommendations
- Ask general health questions

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