

## Who can access Psychiatry?

TimelyCare Psychiatry visit access is controlled by a referral code from the TimelyCare team or your school's campus counseling center. Students can get this referral after having a visit with either an in-person visit at the counseling center or virtual visit via TimelyCare.

## What kind of assessments or diagnoses are TimelyCare providers able to provide in a virtual visit?

TimelyCare Psychiatry visit access is controlled by a referral code from the TimelyCare team or your school's campus counseling center. Students can get this referral after having a visit with either an in-person visit at the counseling center or virtual visit via TimelyCare.

TimelyCare providers do not perform:

- Neuropsychiatric testing for ADHD
- Neuropsychiatric and educational assessments to diagnose specific learning disabilities
- Psychological testing for personality disorders such as the MMPI

## What should I expect during a Psychiatry visit?

A psychiatrist is typically a physician with an M.D. or a D.O. degree or an advanced practice nurse practitioner who can prescribe medications for psychiatric disorders. Typically, an initial visit lasts 45-60 minutes, and a general review of symptoms and history will take place to determine if medications are needed. Follow-up visits last an average of 15 minutes.

## What medicines are TimelyCare providers NOT ALLOWED to prescribe?

Because of federal telehealth regulations, TimelyCare providers are not able to prescribe controlled substances, which include the following categories of medications:

- Controlled substance stimulants for ADHD such as: Ritalin, Adderall, Vyvanse, Concerta
- Benzodiazepines: Xanax, Valium, Ativan, Klonopin
- Opioids/Opiates: Norco, Vicodin, Oxycodone.

**For more information about prescriptions, please call TimelyCare at 833-4-TIMELY.**

## What if I only need a medication refill?

A medication refill still requires a full initial Psychiatry visit that lasts about an hour in order for the prescriber to determine if the refill is appropriate or not.

## Can I get referrals for outside testing?

TimelyCare providers can make recommendations for what types of testing should be performed but do not make official insurance-based referrals. Each patient needs to check with their insurance company to determine the process of how to get an official referral to ensure such testing will be approved and covered by their insurance company. For patients without insurance, TimelyCare's Care Coordination team will try to provide students with contact information of potential local resources that they can look into as options.

## Is there a limit to the number of TimelyCare Psychiatry visits?

Yes, your provider will work with you to set a care plan and appointment scheduling. Ideally, for those who require long-term treatment, the goal is to begin the process of helping the patient get situated with a local in-person psychiatrist as TimelyCare provides treatment during this transition.

## Do TimelyCare providers write ESA (emotional support animal) letters?

No, TimelyCare providers do not write ESA letters.

## Are patients required to see a therapist or counselor on a regular basis in order to access the psychiatry services at TimelyCare?

Patients are encouraged to see a therapist while receiving psychiatry treatment, although it is not a requirement by TimelyCare.



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