

What is TimelyCare?

TimelyCare is a virtual health and well-being platform available 24/7 for Texas State University students.

Who can use TimelyCare?

Any enrolled Texas State University student can use TimelyCare.

How do I log in?

Go to timelycare.com/txst or download the TimelyCare app to access care.

How much does a visit cost?

There is no cost to enrolled Texas State University students.

I already have insurance. How does TimelyCare benefit me?

With TimelyCare, you will have free, 24/7 access to providers from anywhere in the United States, regardless of your insurance status. So, you'll never have to spend time or money looking for care, whether you're on or off campus.

Can I get a prescription?

Yes, if the provider deems it clinically appropriate.

What can I be treated for?

TimelyCare's providers can offer support for a wide range of common concerns, and after talking to you, will decide on the best course of treatment.

What services are available?

- **TalkNow:** 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors.
- **Scheduled Counseling:** Choose the day, time, and mental health provider that works best for you. (9 visits per year)
- **Health Coaching:** Develop healthy lifestyle behaviors for nutrition, sleep habits, time management, and mindfulness.
- **Psychiatry:** Appointments are available through referrals.
- **Self-Care Content:** Visit the Explore page within TimelyCare for guided self-care content.
- **Basic Needs Support:** Access to free or reduced-cost community resources, including food and housing assistance, transit support, childcare, and finances.



It's for Students.

FOR FREE.

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