



# How to Access

It's simple! Follow these steps and you'll be connected to virtual health and well-being services in no time.

1.

Having trouble logging in? Email [help@timely.md](mailto:help@timely.md) or call 1-800-832-6262 for assistance. We've got you covered!

[timelycare.com/usa](https://timelycare.com/usa)

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**FOR FREE.**