TimelyCare
Virtual medical and mental health care at no cost 24/7, 365 days/year

TimelyCare is offered as a supplement to the extensive existing in-person and virtual services offered by Counseling and Psychological Services (CAPS), Vaden Medical Services, and other Vaden and on-campus resources.

Services Include:

- **MedicalNow**: On-demand treatment/advice for common health issues, including cold, flu, and allergies
- **TalkNow**: 24/7, on-demand emotional support to talk about anything, including anxiety, relationships, depression, and school-related stressors
- **Scheduled Medical**: Choose the day, time, and medical provider that best works for you
- **Scheduled Counseling**: Choose the day, time, and mental health provider that works best for you (12 visits/academic year)
- **Self-Care Content**: Visit the Explore page within TimelyCare for guided self-care content

TimelyCare is paid for by Vaden Health Services and is offered at **no cost** to all enrolled Stanford students.

**Access care**: timelycare.com/stanford
**Learn more**: tinyurl.com/timelycare-faq