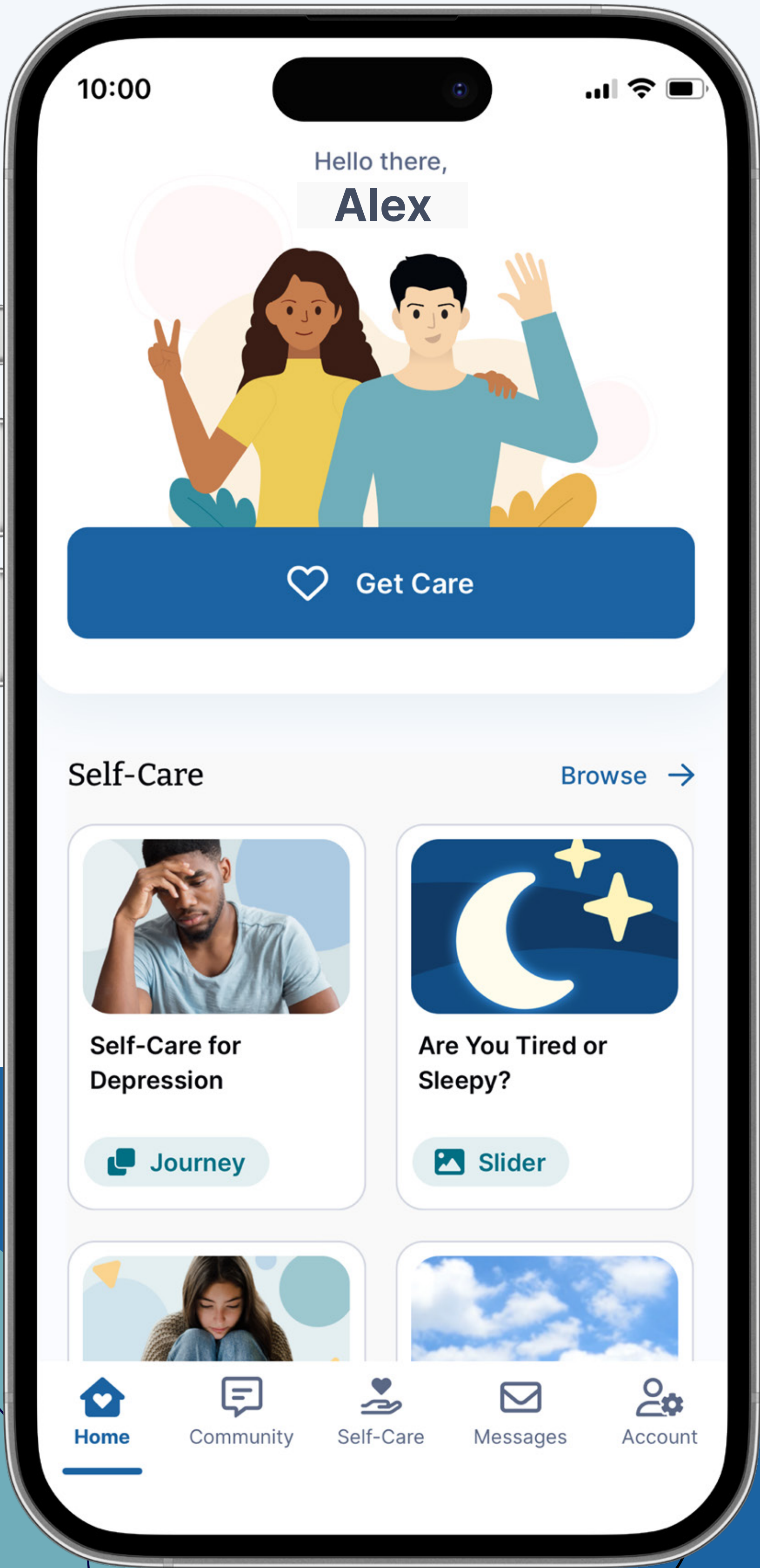




Fuel Your Success With Wellness



▶ Take Care of You

Prioritize your health and well-being! Get started with on-demand self-care content, like yoga and meditation.

▶ Engage With Others

Validate how you're feeling. Check out the peer community to share, connect with, and support other students nationwide.

Discover all the health and well-being resources available 24/7 in TimelyCare!

Download the TimelyCare App Today!



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Visit TimleyCare.com/Concordia to learn more.






How to Access Free, 24/7 Virtual Care from Anywhere

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

- 1

Access TimelyCare.
Scan this QR code.


- 2

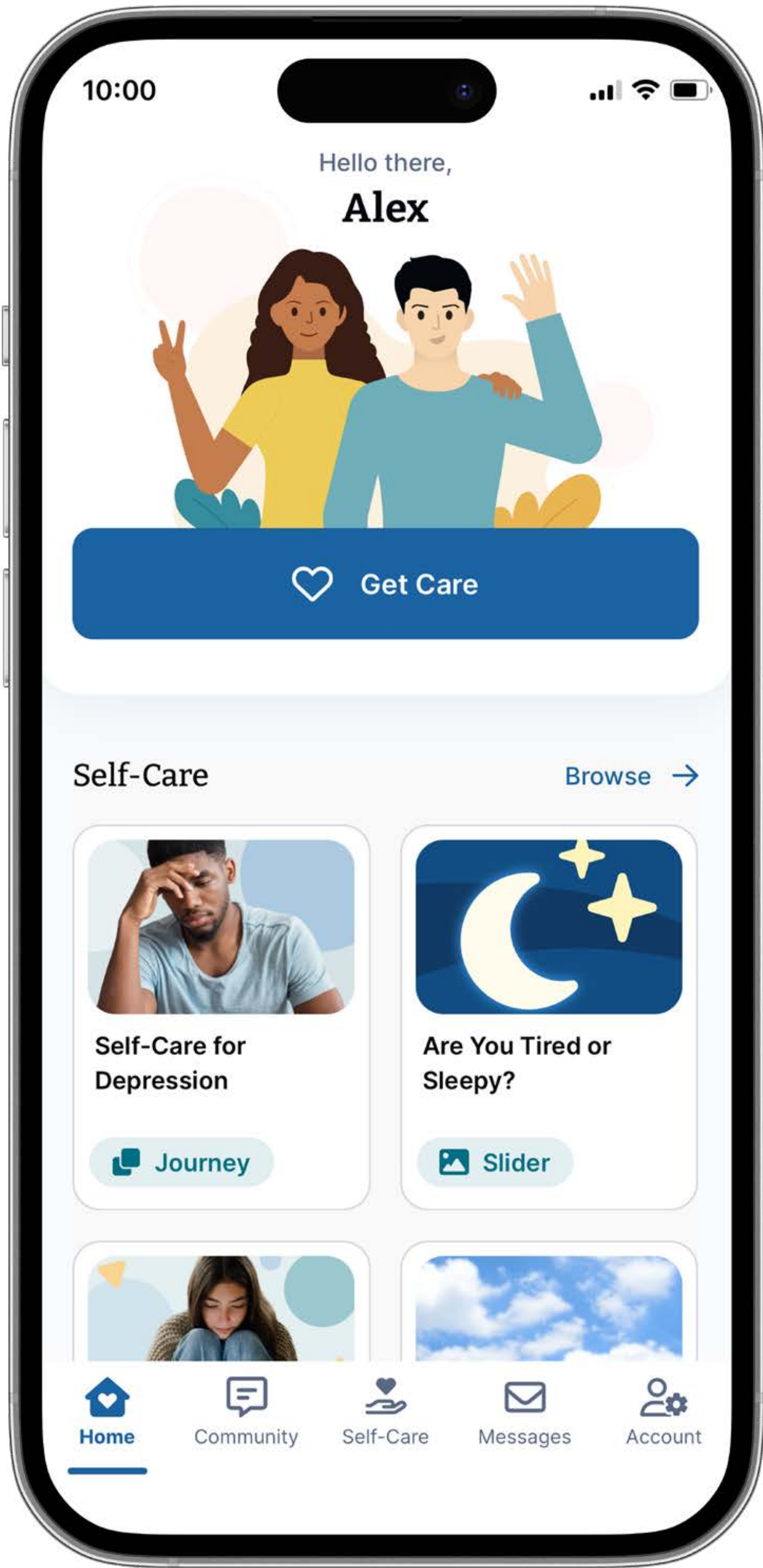
Log in with your school email address.
Use the one that ends in .edu.
- 3

Fill out some information. Nothing too complicated!
TimelyCare is confidential, secure, and HIPAA compliant.
- 4

Click “Get Care.”
Well, you get it.
- 5

Don’t need a visit right away? Check out our Self-Care tab.
It’s self-care at your fingertips.

Get care now at
timelycare.com/concordia



Having trouble logging in? Call **1-833-4-TIMELY** for assistance. We’ve got you covered!

It’s for Students. FOR FREE.

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