INTRODUCING **TEXTCARE**

Fast, Convenient Access to Care—24/7

SOUTHERN LAND COMPANY

Starting **September 1**, **2026** employees and dependents enrolled in the Southern Land Company medical/prescription drug plan will have access to TextCare, a new virtual care benefit from One to One Health, **at no cost.** TextCare replaces the BCBS of TN Teladoc benefit, but you can still have virtual visits with your own doctor or other providers if they offer telehealth services.

What is TextCare?

TextCare is a 24/7 virtual care service that makes it easy to access care when you need it. Simply send a text message to connect with a medical provider by text or video chat—no appointment needed. It is designed to give you quick access to care, answer medical questions, and help guide you to the right care setting. TextCare can be used for a wide range of everyday health needs, including:

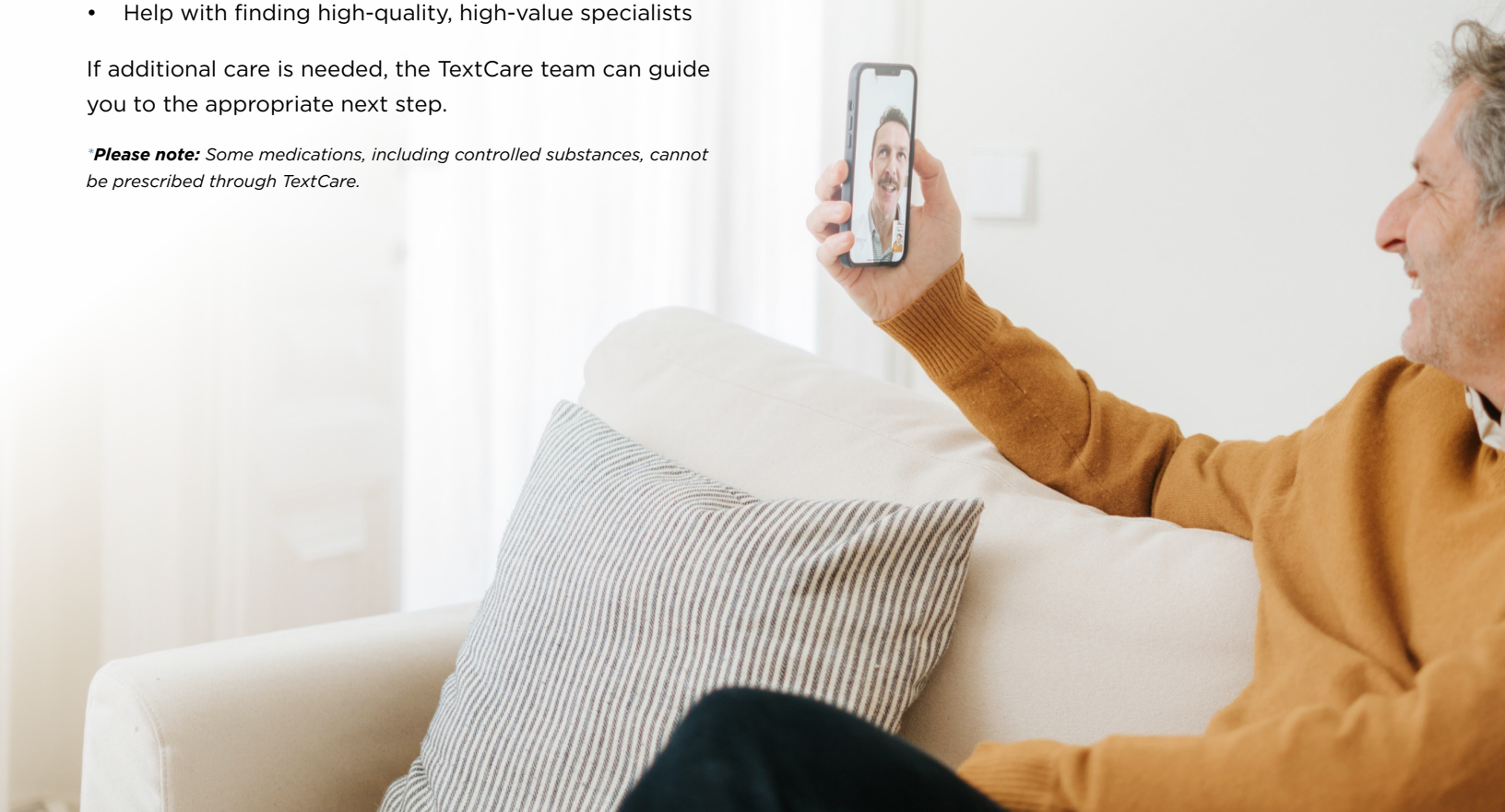
- Primary and urgent care needs
- Chronic condition management
- *Routine medications, when medically appropriate (e.g., allergy medications or antibiotics)
- Help with finding high-quality, high-value specialists

If additional care is needed, the TextCare team can guide you to the appropriate next step.

**Please note:* Some medications, including controlled substances, cannot be prescribed through TextCare.*

Getting started is simple!

Scan the QR code to save the contact information to your phone, or text **615-378-2017** to connect with care. No appointment is required, and care is available by text or video chat.

REMINDER: TextCare is available only to employees and dependents who are covered under the Southern Land Company medical/prescription drug plan.

Please note: TextCare is intended for non-emergency care needs. If you are experiencing a medical emergency, call 911 or go to the ER immediately.