Kavira Health Visits Are Now Completely Free!

Great news! Due to new legislation that went into effect January 1, all types of visits with Kavira are now available at no cost to BIHP-RRV members. That means whether you're connecting with our care team virtually through messaging, video visits, or phone calls, or receiving in-person care through home and workplace visits, you can access Kavira's services completely free. Previously, members on the BlueSaver plan had a small fee for in-person care.

Kavira offers a new healthcare experience for you and your family. With an experienced team of clinicians, you can receive same-day primary and urgent care through home visits and telehealth. No more unnecessary trips to the clinic - care comes to you, whether that's at home, at work, or through the Kavira mobile app.

WHO CAN USE KAVIRA?

- As a member through the BIHP-RRV health insurance plan, you automatically have access to a Kavira membership.
- Your covered family members with Kavira include:
  - Your spouse
  - Children (under age 26) – for children under age 18, Kavira requires care communication through the employee or spouse. For children over age 18, Kavira asks for them to download the app or call/text Kavira directly to receive care.

HOW DO I USE KAVIRA?

- Kavira can be accessed through:
- Mobile App or Web Portal (Scan the QR Code)

- Calling or texting the clinic phone number:
  - 763-373-3856

ARE THERE SERVICES NOT INCLUDED?

- While Kavira covers a variety of services and lab work, there are some services they cannot provide, including:
  - Emergency services or specialty care
  - Vaccines and controlled substance Rxs
  - Pelvic physicals, mammograms, and full pediatrician replacement

WHAT IS KAVIRA FOR?

- Kavira is here to help save you and your family time and money with your everyday care needs. Kavira provides convenient access to providers through chat, video and home visits for services including:

Acute Conditions We Treat:

- 1st degree burns
- Asthma
- Athlete's foot
- Bronchitis
- Bug bites
- Cold sores
- Cough, cold & flu
- Diarrhea
- Ear concerns (pain, drainage, wax)
- Hand, foot, mouth
- Insomnia
- Muscle or joint pain
- Pink eye
- Rashes
- Sprains and strains
- Sinus infection
- Sore throat
- Stitch removal
- Various viral illnesses
- Wart evaluation

Wellness / Preventive:

- Wellness exams
- Sports physicals
- Contraception
- Tobacco / nicotine cessation
- Wellness goals
- Nutrition counseling

Chronic Conditions We Treat:

- Acne
- Anemia
- Anxiety / Mild-moderate depression
- Asthma
- Constipation
- COPD
- Diabetes type 2
- Eczema
- Epi-Pen refills
- GERD / Reflux
- Gout
- Hair Loss
- High Cholesterol
- Hypothyroidism
- Obesity
- Osteoarthritis
- Seasonal Allergies

In-Home Imaging (non-emergency):

- X-Rays
- EKGs

Additional Services:

- 30 free labs
- 350+ free* Rxs

AND MORE!

***Note**: *Acute Rxs at a pass-through rate for HSA-eligible members & some labs may cost extra. Learn more at www.kavirahealth.com/labsandmeds.*
This is not a comprehensive list of treatable conditions. Decisions to treat specific medical conditions will be based on patient medical history, complexity, and provider discretion.

In-home visits are only available for members that reside in the Kavira service area. Telehealth coverage is available throughout IA, MN, ND and WI.
Service area: www.kavirahealth.com/service-area

Clinic Hours:

Chat & Video: Weekdays 8am-7pm & Weekends 10am-2pm

Home & Workplace Visits: Weekdays 8am-7pm