



Getting Started With Nice

Our mission is simple, make getting amazing everyday care easy and affordable.

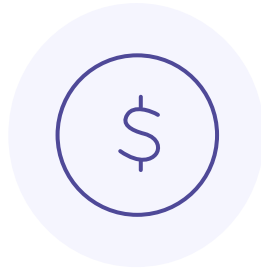


Why? Because healthcare isn't always Nice.



Inconvenient

Wasted time due to long drive times, waiting in germ-filled waiting rooms, and visits that always start late.



Expensive

Healthcare costs are rising, and so are claims payments and premiums.

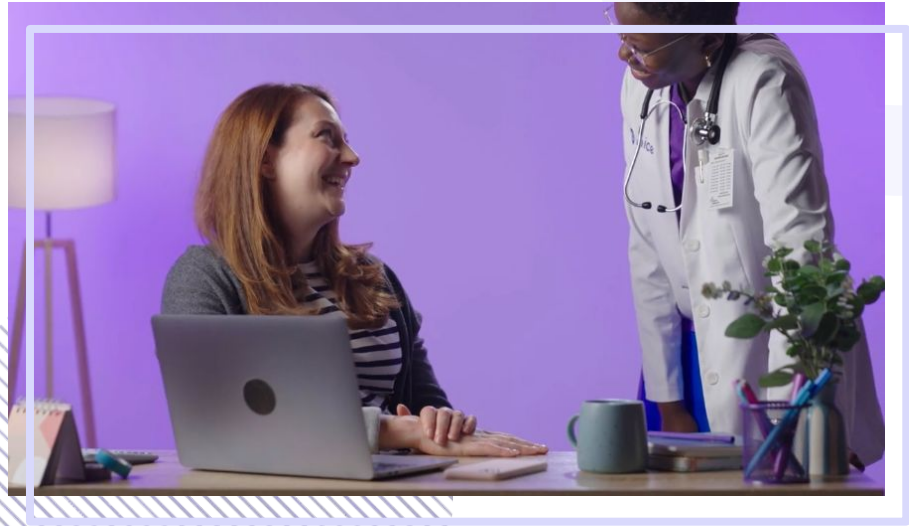


Reactive

Inconvenient and costly care lead us to be reactive to most of our healthcare needs.

What is Nice?

Nice is an integrated primary care clinic that brings FREE medical visits, medications, labs, imaging, physical therapy, and mental health therapy to you.





We're here for you.



Healthy

Manage prescriptions, physical therapy, and wellness support



Sick

Treat colds, flu, strep, ear infections, pink eye, rashes, sinus infections, etc.



Chronic

Type 2 diabetes, hypertension, mental health, asthma, high cholesterol, etc.

We've got you covered.



Primary Care

Wellness, Acute,
& Chronic



Physical Therapy

Diagnosis & Treatment



Mental Health

Preventive Therapy



Nice Rx

Meds (550+ of them are
free!) & Delivery



Specialist Referrals

In-Network Referrals



Labs

35+ Labs



Imaging

X-Rays & EKGs



Care Coordination

Medical Record Exchange

How Much Does it Cost?

Nice's in-home and virtual visits come with no out-of-pocket costs, as do all services included in your treatment plan.

\$0

Fee Per Visit

\$0

Cost of Treatment



Who's Covered

All of Nice's services, including primary care, mental health, physical therapy, and prescriptions are available to employees and their benefit-eligible dependents.



Getting Started





Start with a Chat or Video Visit

- ✓ Patient history
- ✓ Medication review
- ✓ Diagnosis
- ✓ Care guidance
- ✓ Education

A Clinician Comes to You, If Needed

- ✓ Physical exam
- ✓ Rapid tests
- ✓ Blood draws
- ✓ Labs
- ✓ Imaging



Nice Rx

- ✓ 60% of all medications are free
- ✓ 60,000 participating pharmacies*
- ✓ Controlled substances are not available

*Walgreens is not a participant



550+

Free Medications

We deliver medications to your
home or your pharmacy



Mental Health Therapy

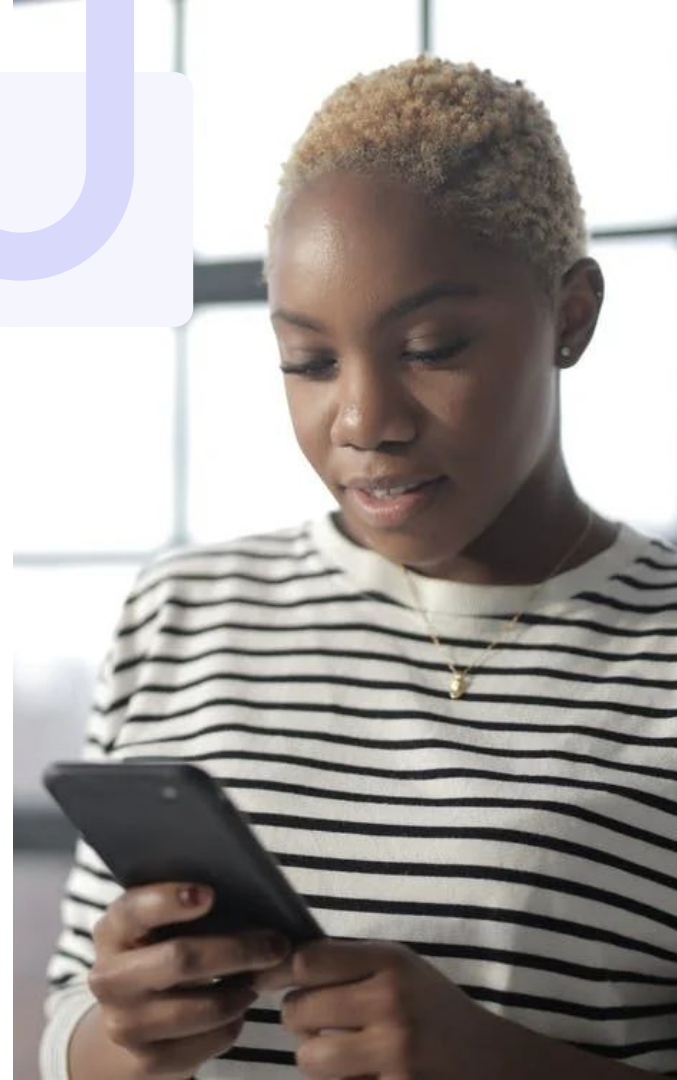
SHORT-TERM MENTAL HEALTH SUPPORT

This program helps patients self-manage their mild to moderate mental health needs. *It is not intended to address serious mental illness or be long-term in nature.**

A good fit for:

- Parenthood or other life transitions
- Relationship and family issues
- Maternal mental health
- Work related stress
- Grief and loss
- Depression
- Anxiety

*If you are having a mental health crisis, call the three-digit Suicide and Crisis Lifeline at 9-8-8





Virtual Physical Therapy

LICENSED PHYSICAL THERAPISTS

If you're needing physical therapy due to an injury, rehab or strenuous activity, Nice gives you access to a licensed physical therapist through the Nice app.

A good fit for:

- Discomfort from sitting at a desk all day
- Soreness from lifting heavy objects
- Issues from a recent driving accident
- A recent injury that's still recovering
- Desire to prevent future injuries



Every Point of Care, and Everything In Between



Scheduling Support

99% of visits happen within a day, and Care Support Team members personally guide patients at every step.



Specialist Referral

For specialized needs, we'll refer patients to the appropriate next step and provide any relevant documents and clear, step-by-step instructions.

The More You Use Nice, The More You'll Save



Primary Care

\$120 to \$360



Mental Health Therapy

\$80 to \$200



Physical Therapy

\$80 to \$160



Labs

\$50 to \$250



Rx

\$25 to \$350



Imaging

\$200 to \$1200



ER & Urgent Care

\$200 to \$3000



Specialty Visit

\$200 to \$500



Surgery

\$5k to \$95k

Nice cost

\$0

Intervene early to prevent high-dollar care

Nice's care guidance connects patients to the right resources literally within minutes, reducing immediate and compounding costs.

Where and When You Can Access Nice





Minnesota

SERVICE AREAS AND HOURS

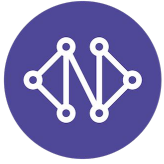
Online

Monday – Friday: 8am to 7pm

Saturday – Sunday: 9am to 12pm

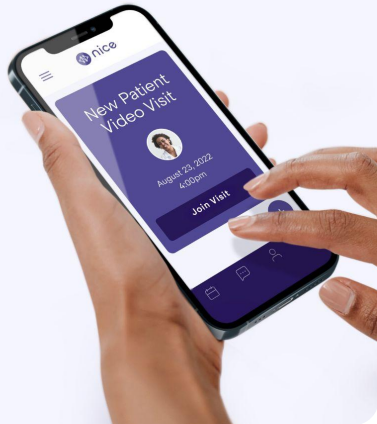
Home

Monday – Friday: 9am to 5pm



Creating an Account





It All Starts With the App

Use the Nice app to schedule visits, chat with clinicians, attend video visits, review treatment plans, upload documents, and more.

1. Scan the QR code.
2. When prompted, download the app.
3. Open the app, click “Sign Up” and follow the prompts.



Using The App Store

Search for “Nice Healthcare” in your mobile app store. Open the app, click “Sign Up” and follow the prompts.



Create an Account

Open the app and follow the prompts to create an account using your **personal** email address.



Fill Out the Intake Form

Provide your medical history and select the type of service you need.



Finish Scheduling Your Appointment

Select your preferred date and time for a chat or video visit.

99% of our appointments happen within a day!



FEATURED BLOG

Work at a Desk? Conquer Pain with These 5 Stretching Exercises for Beginners

If you work at a desk, you may be one of the 20% of adults who feel muscle tension or pain most days of the week. That's why our physical therapy team put together this list of five simple stretching exercises anyone can do throughout the day to get relief, fast.

[Get the Details](#)



Did you know you have access to physical therapists through Nice?

Direct Patient Communication

Nice is excited about our latest feature, providing seasonal and proactive prompts for convenient and every day care. We'll help you stay engaged and invested in your health every step of the way.



Download the App

