kavira.

Healthcare, delivered.

What is Kavira Health?

Kavira Health

Kavira provides everyday healthcare, blood draws, Rxs, and x-rays, via telehealth and home visits, for you and your family
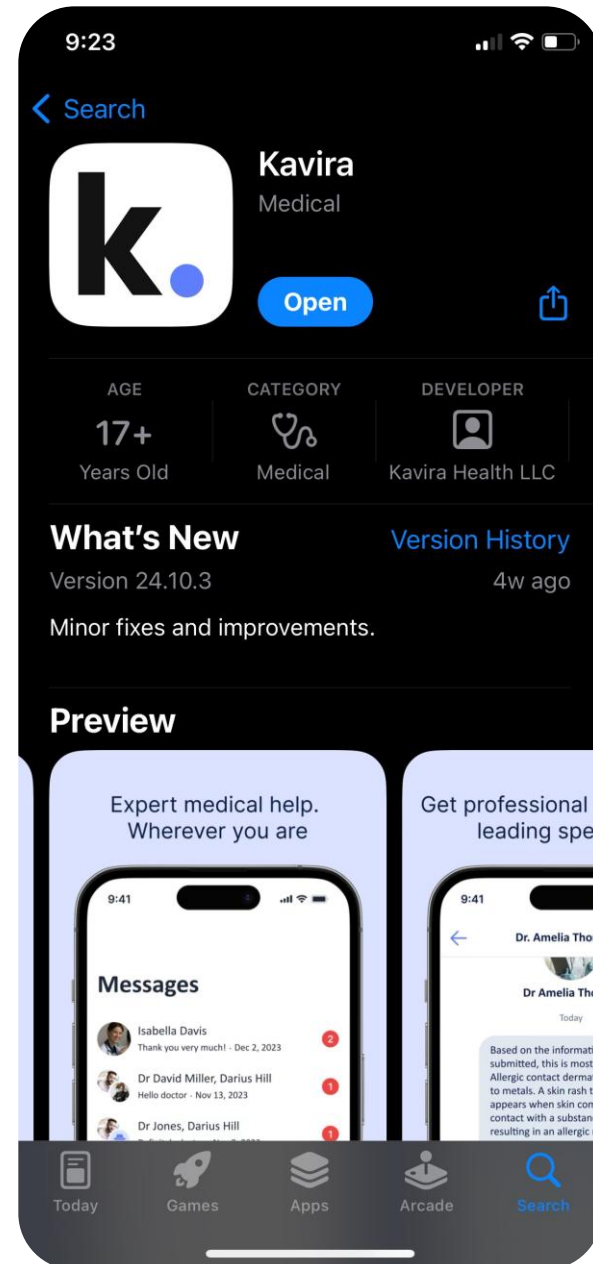
Mission

Offer the most convenient everyday care available, while **saving you time and money**

Download the Kavira App!
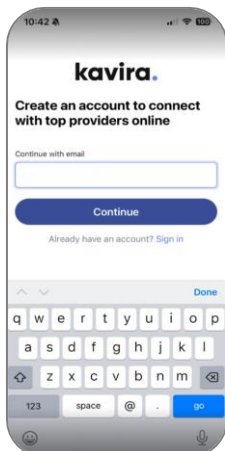

Download the App

Visit your iOS, or Android App Store to download the Kavira Health App and Sign-In.
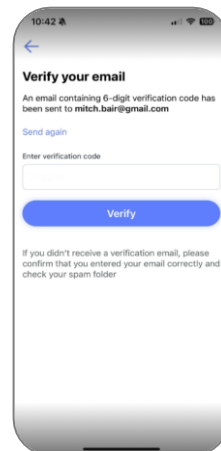
Create your Kavira Account

Step 1

- Create account using either your personal or work email then click continue
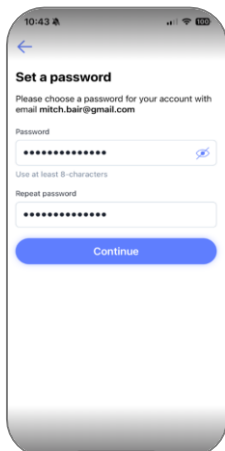
Step 2

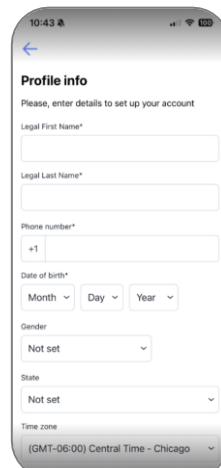- Verify your email by entering the code sent to your inbox then click verify

Step 3

- Create your password using at least 8 characters then click continue
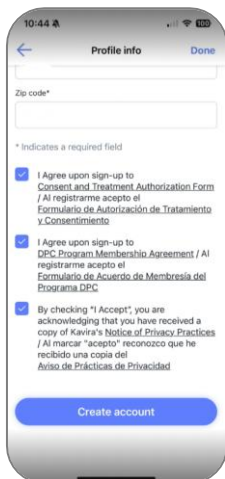
Step 4

- Complete your profile by entering your name, DOB, phone number and address then scroll down

Step 5

- Three check marks will require agreement, once checked off, click create account
- Verify your phone number with the code that was sent to you*
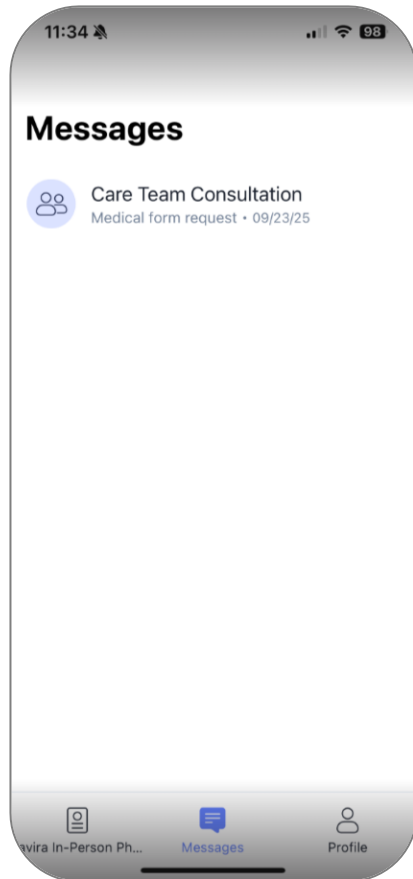
Step 6

- You have now created your account. It then is highly encouraged to complete the medical history form. You can find this by clicking Care Team Consultation under the messages tab
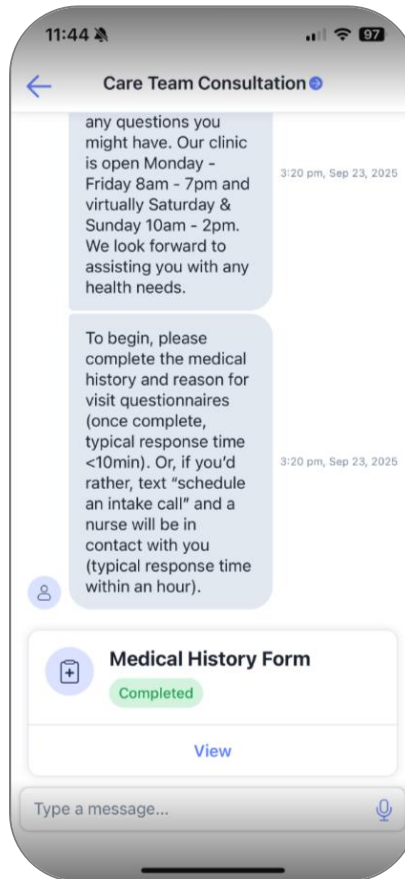
* If you did not receive a code to verify your phone number, please call or text the Kavira team at **763-373-3856**

Accessing Care

Click "Care Team Consultation"

Complete Medical History Form

Access care by clicking "Start Now" on the reason for visit form
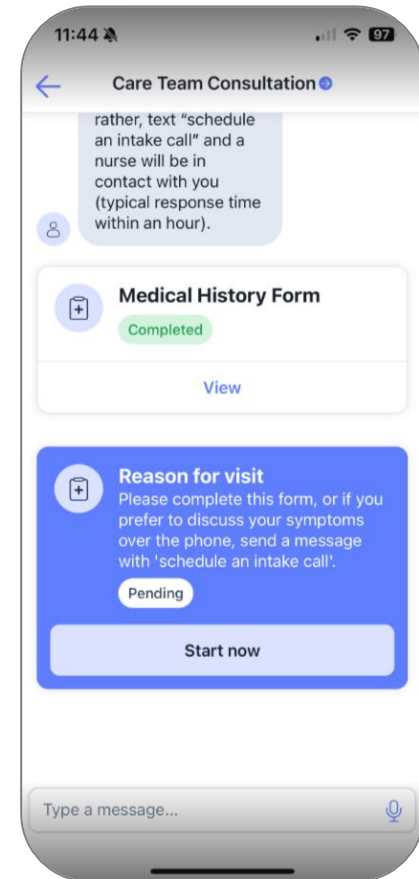
It's recommended that once you've created your account to fill out the Medical History Form within the Care Team Consultation messaging thread for yourself and your dependents under age 18. You will only need to complete this once, that is why it is highly encouraged to complete it while creating your account.

If you have any questions, **please call or text Kavira at 763-373-3856** and they will be happy to assist you!

Care for Dependent (under 18)

Dependents over the age of 18 will be required to create their own Kavira accounts and initiate care themselves. Dependents under the age of 18 need care requests initiated by a parent or legal guardian.
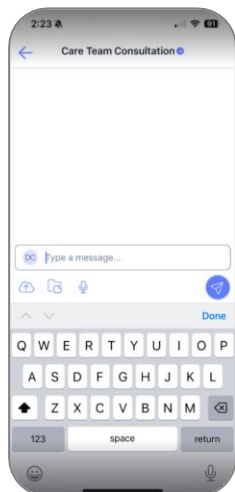
Step 1

- When navigating to the messages feature. You should see an active chat for yourself and for all dependents under the age of 18*
- Each dependent will have their own chat indicated by initials on the right side of the screen (red arrow)
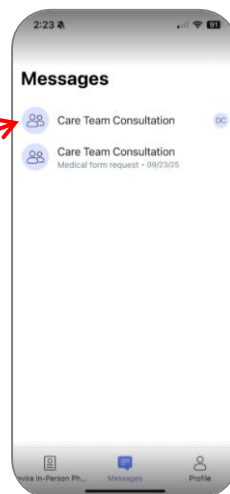
Step 2

- To access care for a dependent, click "Care Team Consultation" (red arrow) in the chat associated with your dependent. Again, indicated by the initials on the right side of the screen.

Step 3

- Begin messaging our care team on behalf of your dependent using the chat feature
  - Medical History and Consent Forms will need to be filled out as the first step of dependent(s) receiving care

Viewing Dependents Profile

Step 1

Click Profile
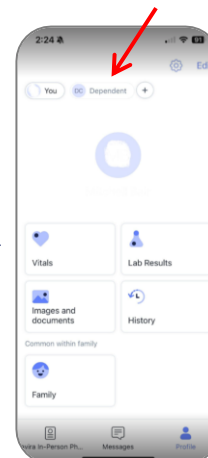
Step 2

Navigate to your dependent

Step 3

View dependents profile

*If you do not see any or all of your dependents listed, reach out to the Kavira care team to get them added

App FAQs

Do I need to create a new account when I first use the Kavira app?

Yes, you will need to create a new account on the app. When you go to create an account, it will automatically sync with your information Kavira already has on the back-end. If your information doesn't match with what's in Kavira's system, simply text or call Kavira at 763-373-3856 and they will be happy to assist you.

What do I need to do on the app prior to receiving care?

After you've created your account, you will need to fill out a new medical history form for yourself and any dependents under age 18. You will then be able to receive care from the Kavira Team.

How do I set up my child under age 18 for a visit?

Through your own account, simply message the Kavira team through the Care Team Consultation thread on the app or call/text Kavira at 763-373-3856 requesting a visit for your child. A Kavira team member will then confirm your child's information, ask you to fill out their medical history & consent form, and they can then receive a care visit.

What if I would prefer to speak with a Kavira care team member on the phone rather than fill out a questionnaire?

No problem! Simply message "schedule an intake call", and a nurse will be in contact with you (typical response time for an intake call is within an hour).

Can my dependents download the app as well and create their own accounts?

Yes, your spouse and children ages 18-25 need to download the app, have their own account, sign consent forms, and can receive care from Kavira on their own. For anyone under age 18, we ask that the care is initiated through either the employee's or spouse's app/account.

What's Included in the Membership

What's Included

- Chat, video, and home visits
  - Home visit area (www.kavirahealth.com/service-area)
- Annual physicals & blood testing
- Labs:
  - 30 free labs; 2,500+ discounted labs
- Prescriptions:
  - 350+ free and discounted Rxs
  - Refills through the app
- Chronic condition management

What's Not

- Care that can't wait 1-2 hours
- Emergency services
- Specialty care
- Vaccines
- Controlled substance prescriptions
- Pelvic physicals
- Full Pediatrician Replacement

Clinic Hours:
Chat & Video: Weekdays 8am-7pm & Weekends 10am-2pm
House Visits: Weekdays 8am-7pm

Full Everyday Coverage For Employees

Digital Care First

Messaging
Videochats
Diagnosing
Treating
Prescribing

House Visits

Treating
Blood Draws
Physicals
Full Family Care
In-Home Tests

Rxs & Labs

Free Labs
Discounted Labs
Free Rxs
Discounted Rxs
Rx Price Shopping