

Medical care when you need it most



When you're sick or injured, you shouldn't have to wait days or weeks to get medical care. And with One Medical, you don't have to. We're a benefit you get from your employer that gives you access to excellent care — anytime, anywhere.

With One Medical, you can connect with a medical team in minutes through our app or visit one of our 80+ office locations. So you can potentially skip a trip to urgent care or the ER, save time and money, and get back to feeling your best.

Activate your paid-for membership and get:



Free 24/7 virtual care

Video chat with a provider or message our medical team — and potentially avoid unnecessary trips to the ER or urgent care. Unless otherwise noted, there's no cost to you for on-demand virtual care.



Fast access to care at our offices

With appointments that start on time plus on-site lab work, we make it easier to get the care when you need it at any of our 80+ primary care offices around the country. In-person visits and Remote Office Visits are billed to your insurance.



An easy-to-use app

Connect with our care team, ask questions, renew prescriptions, view your health history, and more.

Get care for things like:

- Colds, flu, and COVID-19
- Chronic health conditions
- Cardiac health
- Women's and men's health
- Stress, anxiety, and depression
- Injuries
- Routine cancer screenings
- Allergies
- Urinary tract infections
- Neck and back pain

Plus, on our app, you can message our medical team or get answers to your personal health questions

— all included in your sponsored membership.

Download the One Medical app on the App Store or Google Play.

The membership fees for you are covered.

