

# What is CloseKnit?

## Virtual-first care centered around you

We're a virtual-first practice that you can connect with 24/7/365. We offer primary care, urgent care, mental health support and other specialized care to help you live a healthier life. Instead of going to a doctor's office, your visit can be done online—anytime, anywhere.



### Primary Care

- Well care, preventive and sick visits with a dedicated Care Team
- Health guides who can answer health, benefits and billing questions
- 24/7 chat with a real person when you need us
- Available for adults ages 18+



### Urgent Care

- Help for non-emergency conditions such as cold/flu symptoms and minor injuries
- Same-day care, even if we are not your primary care provider
- Available for adults and children ages 2+



### Mental Health

- 1-on-1 counseling with a licensed therapist
- Psychiatry services for medication management
- Available for adults and children ages 2+



### And More ...

- Diet and nutrition support
- Breastfeeding support

# Am I eligible?

## There are only two requirements for registration:

1. Adults 18+ can sign up (dependents ages 2-17 can be added to your account)
2. Must have a CareFirst BlueCross BlueShield health plan, including CareFirst Medicare Advantage and CareFirst Community Health Plan Maryland (some exclusions apply)

# How do I get started?

1

## Register for CloseKnit

Scan this QR code to get started.



2

## Create your profile

Provide brief health information that will help your Care Team serve you best.

3

## Book an appointment

Schedule a convenient date and time for your visit, including weekends.

## Appointment types:

Primary Care | Urgent Care

Mental Health Support | Specialized Care

Welcome to CloseKnit! We're here for you 24/7/365