



Partial List Of Virtual Care Treatments With NuWay Healthcare

"Virtual care" refers to the use of digital technologies, including telemedicine, to provide healthcare services remotely. While not all medical conditions can be fully treated through virtual care, many conditions, particularly those that require consultations, assessments, or follow-ups, can be effectively managed online. Here's a list of common treatments and conditions that can be addressed via virtual care:

1. Primary Care Services

Prescription refills

Lab test reviews

Chronic condition management (e.g., diabetes, hypertension)

General Consultation: Diagnosis and management of common ailments

(colds, flu, allergies, sinusitis, etc.)

Follow-up Visits: Monitoring of chronic conditions like hypertension, diabetes, or asthma

Preventive Care: Routine screenings, health counseling, and lifestyle advice

Prescription Management: Renewal of medications or modifications based on symptoms

2. Mental Health and Behavioral Therapy

Therapy and counseling for anxiety, depression, PTSD, and other mental health conditions

Psychiatric consultations and medication management

Cognitive behavioral therapy (CBT) sessions

Support for stress management and emotional wellbeing

Psychiatric Evaluation: Diagnosis and treatment of mental health disorders (e.g., depression, anxiety, bipolar disorder)

Counseling and Therapy: Cognitive Behavioral Therapy (CBT), psychotherapy, and support for stress, trauma, or grief

Medication Management: Prescribing and monitoring psychiatric medications

Substance Abuse Counseling: Therapy for alcohol, drug, and substance abuse disorders

Smoking Cessation: Guidance and support for quitting smoking, along with prescription medications for cessation

Weight Management: Nutrition counseling, exercise planning, and behavior modification for obesity treatment

3. Chronic Disease Management

Hypertension (high blood pressure) follow-ups

Arthritis and chronic pain management

Heart disease monitoring and lifestyle recommendations

Diabetes Management: Monitoring blood sugar levels, adjusting medications, and providing lifestyle advice

Hypertension: Blood pressure monitoring and medication adjustments

COPD & Asthma: Monitoring symptoms, inhaler usage, and respiratory health

Cardiac Health: Follow-ups for heart disease, arrhythmias, and high cholesterol

4. Dermatology

Acne treatment

Rashes and skin irritations

Eczema management

Psoriasis treatment plans

Hair loss evaluations

Other Skin Conditions: Diagnosis and treatment, eczema and dermatitis

Skin Infections: Treatment of fungal infections, impetigo, and other minor skin infections

Virtual Biopsy Evaluations: Pre-screening for suspicious moles or lesions that may require further tests.

5. Allergies

Seasonal allergy management

Prescription and advice on antihistamines or steroid medications

Food allergy follow-up

Chronic allergic reactions

Allergy Management: Treatment of food allergies, and allergic rhinitis, and other

Asthma Monitoring: Remote monitoring and prescription management for asthma patients

6. Infectious Diseases

Common cold and flu symptoms, remote diagnosis and treatment of viral infections.

COVID-19 consultations and monitoring, symptom evaluation, testing recommendations, for mild to moderate cases.

Sinus infections and other bacterial infections.

Respiratory infections (non-severe)

Gastrointestinal infections (mild symptoms)

STI Consultations: Virtual screening, diagnosis, and treatment of sexually transmitted infections (STIs).

Vaccination Counseling: Information on vaccines, vaccine schedules, and virtual follow-ups for side effects.

7. Women's Health

Birth control consultations and prescriptions

Menstrual cycle issues and period pain management

Hormonal therapy

Urinary tract infection (UTI) treatment and yeast infections

Menopause management

Birth Control Counseling: Guidance on contraceptives, prescriptions, and refills

Menstrual Irregularities: Treatment for irregular periods, pain, or heavy bleeding

Pre- and Post-Natal Care: Virtual check-ups, monitoring of symptoms during pregnancy, and post-partum follow-ups

8. Pediatrics

Routine checkups and monitoring for children

Fever, cold, and flu symptoms

Rashes, minor cuts, and abrasions

Behavioral health consultations

Allergies and asthma management

Weight management

Routine Illnesses: Common colds, fevers, flu, ear infections, and respiratory issues

Developmental Monitoring: Evaluation of growth, milestones, and developmental concerns

Allergies & Asthma: Management of pediatric asthma, allergies, and other chronic conditions

9. Sexual Health

- Sexually transmitted infections (STIs) screenings and treatment
- Erectile dysfunction (ED) treatment – all prescriptions
- Premature ejaculation management
- Contraceptive advice and prescriptions

10. Orthopedics & Musculoskeletal Issues

Back pain and consultations

Osteoporosis management

Tendonitis and arthritis advice

Physical therapy consultations

Muscle & Joint Pain: Virtual consultations for sprains, strains, arthritis, and joint pain

Post-Surgical Rehabilitation: Follow-up care and physical therapy sessions for post-surgical patients

11. Gastrointestinal Issues

Acid reflux (GERD) management

Irritable bowel syndrome (IBS) treatment

Constipation or diarrhea advice

Hemorrhoid management

Food intolerances

Other digestive disorders

Stomach Infections: Diagnosis and management of gastroenteritis, food poisoning, and stomach flu, etc.

12. Sleep Disorders

Insomnia treatment

Sleep apnea consultations and follow-ups post diagnosis

Restless legs syndrome advice

Prescriptive relief

Insomnia: Behavioral and therapeutic treatment options for sleep difficulties

13. Substance Use and Addiction Management

Support for smoking cessation

Alcohol and drug dependency counseling

Medication-assisted therapy (e.g., buprenorphine) for opioid addiction

14. Cardiology

- Monitoring of high blood pressure (hypertension)

- Cholesterol management

- Post-heart attack or stroke follow-up care

15. Neurology

Headache and migraine management

Seizure and epilepsy consultations

Parkinson's disease follow-up post diagnosis

Multiple sclerosis (MS) monitoring

16. Endocrinology

Thyroid disorders (e.g., hypothyroidism, hyperthyroidism) management

Hormonal Imbalances: Diagnosis and treatment of polycystic ovary syndrome (PCOS), menopause, and adrenal gland disorders

Osteoporosis care

17. Urology

Urinary tract infections (UTIs) treatment

Benign prostatic hyperplasia (BPH) management

Erectile dysfunction consultations

Prescriptive relieve for flow issues

18. Weight Management and Nutrition Counseling

Weight loss consultations and follow-up

Dietary advice for health conditions (e.g., diabetes, heart disease)

19. Postoperative Care

Follow-up after minor surgeries or procedures

Wound care and infection monitoring

20. Pharmacological Management

Medication adjustments

Chronic medication management and refills

Monitoring for drug interactions or side effects

21. Eye Care (Tele-Optometry)

Eye Irritations: Diagnosis of common eye problems such as pink eye, dry eyes, and allergic conjunctivitis

Vision Consultations: General eye care and referrals for eye exams or glasses prescriptions

22. Rehabilitation Services

Occupational Therapy: Support for patients recovering from injuries or surgeries affecting daily tasks

Speech Therapy: Remote sessions for speech and language development, especially for pediatric patients

23. Oncology Support Services

Symptom Management: Virtual check-ins for cancer patients undergoing treatment (chemotherapy, radiation) for side effect management

Follow-up Care: Long-term monitoring and survivorship care plans for cancer patients post-treatment

24. Pain Management

Chronic Pain Management: Treatment plans for chronic back, neck/cervical, and joint pain, prescriptions including for managing long-term pain, including recommendations for medications, exercises, or therapy.

Post-Surgical Pain: Remote monitoring of pain levels after surgeries or procedures

Prescriptive relief

25. Nutritional Counseling

Diet Plans: Virtual consultations with dietitians for conditions like obesity, diabetes, and high cholesterol

Eating Disorders: Support and therapy for individuals suffering from eating disorders (anorexia, bulimia, binge eating) (see behavioral health)

26. Reproductive Health

Infertility Consultations: Guidance on reproductive health issues, hormone treatments, and fertility support

Men's Health: Consultations for erectile dysfunction, premature ejaculation, and testosterone deficiency

27. Emergency Triage

Initial Triage/Advice: Virtual assessment of symptoms to determine if immediate emergency care is needed

Non-Emergency Acute Care: Virtual care for non-life-threatening conditions like sprains, minor burns, and allergic reactions

28. ENT (Ear, Nose, Throat)

Sinus Infections: Diagnosis and treatment of sinusitis and other respiratory infections

Ear Infections: Common in pediatric patients but manageable through telehealth

Sore Throat: Evaluation of strep throat and tonsillitis, with appropriate treatment options

29. Health Coaching & Wellness

Personalized Wellness Plans: Tailored recommendations on diet, exercise, sleep, and mental health

Chronic Disease Prevention: Lifestyle modifications to prevent conditions like heart disease, stroke, and diabetes

While virtual care is a flexible solution for many non-emergency medical needs, patients with more severe, life-threatening, invasive treatment or urgent conditions (such as chest pain, stroke, or trauma) still need in-person care or emergency room visits, invasive testing, etc. Virtual care is not a solution for all medical needs.