

# VIRTUAL PRIMARY CARE

A Modern Approach to Your Health with TeraPractice





Meet Yumi DiAngi Taylor, M.D., a primary care physician (PCP) at TeraPractice, whose goal is to help you meet life's busy demands by bringing your care directly to you through virtual visits. Dr. Taylor offers a variety of virtual care options, including access to her, as your PCP, through My Health Online (MHO), phone consults and video visits. Virtual options provide you access to Dr. Taylor's entire care team from the comfort of your own home or office—when it's convenient for you. You'll also have access to Sutter Health's Palo Alto Medical Foundation's network of high-quality health care providers, including many of Sutter Health's affiliated hospitals, doctors and health care services.

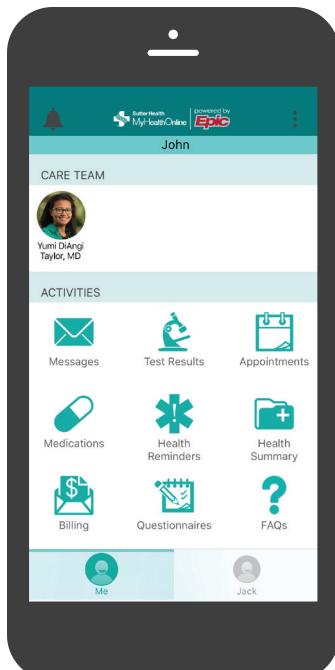
## What's unique about TeraPractice?

TeraPractice is built to be highly customizable to you. When you join the practice, your first visit is a video appointment for you to meet Dr. Taylor and her care team to learn how they can best partner to support your health. That might be anything from one visit a year for an acute concern to regular virtual visits to manage your diabetes to creating a detailed plan and weekly check-ins with TeraPractice's health coach to achieve your best health. It's up to you!

TeraPractice serves as your single point of contact for most health-related issues and even helps you schedule specialty care appointments, working closely with other doctors to ensure continuity of care. The practice gives you flexible access to your care team through MHO messages, video appointments, phone calls and other health monitoring digital tools. Many appointments can be completed through these remote options when it's convenient for you, saving you time and visits to the doctor's office. And for those times when you need or want to see your PCP in person, Dr. Taylor's care team will schedule an in-person appointment for you.

## Who is TeraPractice for?

TeraPractice is ideal for busy individuals who want convenient primary care that fits into their demanding lives, whether they're at home, work, or on the go. People who have chronic conditions may find the expanded access and health coaching services especially helpful in monitoring their health. TeraPractice is also a great fit for those who seek a stronger relationship with their care team and want greater shared decision-making and flexibility in their health care.



## Get started today

### 1. Select your PCP

Write Dr. Taylor's name and Sutter Health Plus provider ID number on your enrollment form:

- Provider name: Yumi DiAngi Taylor, M.D.
- Sutter Health Plus provider ID: P000306295

### 2. Access your virtual visit

MHO provides you access to your virtual visit through a smartphone or computer. Learn more about TeraPractice at [sutterhealth.org/terapractice](http://sutterhealth.org/terapractice).