



Text: 248-838-0850

24/7

Welcome to TextCare!

Effective January 1, 2026



Discuss primary and urgent care needs, chronic condition management, and routine medication needs.

Get support finding high-quality, high-value specialists.

Accessible via text message and video chat. Simply send us a text message to initiate care. It's that easy!



SCAN ME

**Scan to save
the contact info**

If you need access to medical care, TextCare provides access to One to One Health medical providers via text message - 24/7

- ✓ Receive direct access to on-demand high-quality care.
- ✓ Appointments are not required. Simply send a text to initiate care.
- ✓ TextCare is available at no cost to all Integrated Design Solutions medical plan participants and their households.