

Receive Medical Care Online with an E-Visit

Through our Virtual Services Department, Self Regional Healthcare offers E-Visits, which allows you to answer a questionnaire about your symptoms and send photos or videos as needed for your provider to review. Your provider can offer medical advice for at-home care or let you know if you should schedule an appointment for treatment.

Try It Out

Submit an E-Visit

1. Log in to your [MyChart](#) account.
2. Click **Menu > E-Visit**.
3. Read the Terms and Conditions and click **Continue**.
4. Enter the state where you are currently located.
5. Select the Symptom-Specific E-visit and click Continue.
6. Confirm that your choices are correct and click **Confirm and Proceed**.
7. Make the \$20 payment when prompted.
8. Verify personal and insurance information.
9. Verify current health issues, allergies, and medications.
10. Answer the symptom-specific questions that appear.
11. Confirm that your questionnaire responses are correct and click **Submit**.