

Messiah students now have access to <u>Falcon Care</u>, which provides free, 24/7 access to the following services anywhere in the United States, 365 days a year. To create your account or start a visit, just go to <u>messiah.edu/falconcare</u> and click Sign In at the top right.

- *Medical*: On-demand access to a medical provider that can treat a wide range of common illnesses like cold and flu, sinus infection, allergies and more
- TalkNow: On-demand access to a mental health professional to talk about anything at anytime
- Scheduled Counseling: Scheduled options to speak to a licensed counselor
- Health Coaching: Access to a nutritional specialist to help students adopt healthier lifestyle behaviors related to sleep issues, weight management and more