Caspia Health

Ask your health team.

Questions about your health, your care or your costs? Caspia's team of helpers answers by text.

"Where can I get a flu shot today?"

"Why is my blood sugar higher in the morning?"

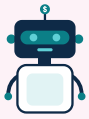
"Is there a cheaper place to get my blood work done?"

"What's an easy dinner for high blood pressure?"

Health Analyst
"What does my A1C mean?"

Health Coach
"Help me walk more this week"

Care Navigator
"Urgent care or ER for this?"



Cost Comparer
"What will an MRI cost me?"

Records Liaison
"Connect my MyChart"

Visit Companion
"Get me ready for my visit"

Pattern Spotter
"Is my blood pressure going up?"

Family Updater
"Send my sister an update"

Text or WhatsApp

1-888-488-3031

any time, day or night

Msg & data rates may apply. Msg frequency varies. Reply STOP to opt out, HELP for help. Terms and privacy: propatienttech.com/sms-terms

Or scan for caspiahealth.com

Caspia is not a substitute for medical care. In an emergency, call 911.