

Quick Guide:

How to Get a U.S. Phone Number for TimelyCare Access

TimelyCare requires a U.S.-based phone number to register. If you're an international student without one, don't worry — you can get a **free U.S. phone number** through Google Voice.

Here's how:

Step 1: Set up a Google Account (if you don't already have one)

- Visit accounts.google.com
- Follow the prompts to create a new account or sign in with your existing one

Step 2: Download the Google Voice App

- On your phone, go to the **App Store (iOS)** or **Google Play Store (Android)**
- Search for **Google Voice** and download the app

Step 3: Choose a U.S. Phone Number

- Open the Google Voice app and sign in with your Google account
- Search by city or area code to pick a U.S. number (any location is fine)
- Confirm your choice

Step 4: Link Your New Number

- Google Voice may ask you to link your number to a device or existing account
- Follow the on-screen instructions — it only takes a few minutes

Step 5: Use Your New Number to Register for TimelyCare

- Go to **timelycare.com** or download the TimelyCare app
- Enter your new **U.S.-based Google Voice number** when prompted
- Complete the sign-in process with your school email

That's it! You now have a U.S. number that lets you access all of TimelyCare's free, 24/7 health and well-being services.

Need More Help?

If you run into any issues, check out Google's support page: [Google Voice Help](https://support.google.com/voice)