



Anytime, anywhere, you have care that's always there



VIRTUAL CARE
(PREVIOUSLY BLUE CROSS ONLINE VISITSSM)

When you're not feeling well and can't see your primary care provider, you have convenient, affordable health care virtually with Virtual Care by Teladoc Health[®]. You can connect virtually with a U.S. board-certified doctor or therapist using your mobile device.

You can meet face-to-face online or by telephone with:

- A doctor for minor illnesses, such as sinus and respiratory infections, colds and flu, eye irritation or redness, and rashes, when your primary care provider isn't available
- A therapist or psychiatrist to help you work through challenges, such as anxiety, depression, grief or insomnia

Get started today.

Visit bcbsm.com/virtualcare for a link to download the Teladoc Health app.

Why use Virtual Care?

- Available 24/7 anywhere in the U.S., even when you're traveling
- Medical care available anytime, without an appointment
- Specially trained doctors and therapists with backgrounds, such as pediatrics, family medicine, counseling, psychology and psychiatry
- Family members on your health plan can use it, too
- Therapy and psychiatry available by appointment only, with evening and weekend hours available

YOU HAVE CHOICES FOR CARE. LEARN MORE AT [BCBSM.COM/FINDCARE](https://bcbsm.com/findcare).

If you have questions about your Virtual Care account, call 1-800-835-2362.

Remember to coordinate all your care with your primary care provider. Follow up with him or her after receiving care elsewhere.

This information isn't intended to be medical advice. In an emergency, call 911 or go to an emergency room near you.



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