



## Doctor Visits Anytime, Anywhere

Have you discovered the convenience and cost savings of telehealth? Lots of BlueChoice HealthPlan members have, and we've made Blue CareOnDemand, now powered by MDLIVE, better than ever! Avoid long waits and high costs to get treatment for many health problems. In your virtual visit, you'll see a licensed provider who also can send a prescription to your pharmacy if needed.



### Four Categories of Care:

- **Virtual primary care** for routine checkups, wellness screenings and health monitoring
- **Urgent care** for things like allergies, cold and flu, COVID-19, sore throat, and urinary tract infections
- **Behavioral health** to connect one-on-one with a therapist on issues like anxiety and depression
- **Dermatology** for consultation on lower-risk conditions affecting skin, hair and nails, such as acne, rosacea and eczema

### Access and register for Blue CareOnDemand through My Health Toolkit.

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Blue CareOnDemand is not a replacement for your primary care doctor. You should continue scheduling office visits for regular checkups and preventive care. For true emergencies and life-threatening issues, go to the emergency room or call 911. The cost of Blue CareOnDemand visits varies by visit type and provider selected and is subject to plan benefits.

Focus on life. Focus on health. *Stay focused.*



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