



Feel Like Yourself Again

Behavioral health is a key component to overall good health. Your Blue Cross and Blue Shield of Texas benefit includes virtual behavioral health care visits with MDLIVE® board-certified doctors and licensed therapists.

Virtual Visits connect you with an independently contracted, board-certified doctor or therapist by secure online video. There's no travel and no waiting room—just a convenient, affordable and confidential consultation in the comfort of your own home, office or on-the-go. Services are available in both English and Spanish with translation services available for other languages.

Virtual Visits can help you with:

- Depression
- Eating disorders
- Grief and loss
- Men's issues
- Panic disorders
- Parenting issues
- Relationship and marriage issues
- Stress
- Substance use disorders
- Trauma and PTSD
- Women's issues
- And more!

Scan this QR code to activate your Virtual Visits account, or call 888-680-8646.



Download the MDLIVE app to get appointment reminders, secure messaging and important notifications.

First, call your doctor's office; they may also offer telehealth consultations by phone or online video. If you have any questions about this or any other benefit, please call the number on the back of your ID card.

Internet/WiFi connection is needed for computer access. Data charges may apply when using your tablet or smartphone. Check your phone carrier's plan for details.

Virtual Visits may be limited by plan. For providers licensed in New Mexico and the District of Columbia, Urgent Care service is limited to interactive online video; Behavioral Health service requires video for the initial visit but may use video or audio for follow-up visits, based on the provider's clinical judgment. Behavioral Health is not available on all plans.

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