



VIRTUAL VISITS:

Powered by
MDLIVE

Speak with a doctor —
anytime, anywhere

Getting sick after hours or on weekends used to mean a lengthy, costly trip to the emergency room or urgent care center. But with your virtual visits benefit, provided by Blue Cross and Blue Shield of Texas (BCBSTX) and powered by MDLIVE, the doctor is in 24/7/365. And you don't have to leave the comfort of your own home.

Virtual visits allow you to consult a doctor for non-emergency situations by phone, mobile app or online video anytime, anywhere. Speak to a doctor or schedule an appointment at a time that works best for you.

Virtual visits doctors can treat a variety of health conditions, including:

- Allergies
- Asthma
- Cold/flu
- Ear problems (age 12+)
- Fever (age 3+)
- Nausea
- Pink eye
- Rash
- Sinus infections

Talk Therapy

Speak with a licensed counselor, therapist or psychiatrist for support, available by appointment. You can choose who you want to work with for issues such as:

- Anxiety
- Depression
- Trauma and loss
- Relationship problems
- And more!

Activate your MDLIVE account or schedule a virtual visit:

- Go to Blue Access for MembersSM or **MDLIVE.com/bcbstx**.
- Download the MDLIVE app from Apple's App StoreSM or Google PlayTM.
- Call MDLIVE at **(888) 680-8646**.
- Text **BCBSTX** to **635-483**. (MDLIVE's online assistant Sophie will help you activate your account.)

Get connected today! To register, you'll need to provide your BCBSTX member ID number.