

Telemedicine

We will continue to access the Blue Cross Blue Shield BlueCare Network for all Telemedicine services.



Blue Care lets you see a doctor anytime, anywhere, so you can get care outside of doctors' office hours or during the day without leaving home, work or school. BlueCare is faster and less expensive than going to the ER or urgent care for minor health needs.

BlueCare costs only \$39 up front and is an easier way to treat non-emergency illnesses like:

- Sinus infections
- Cough or cold
- Rashes
- Allergies
- Bladder infections
- Pink eye
- Mild stomach bugs (throwing up, diarrhea)
- Flu symptoms

You can also use BlueCare to get a prescription or to check in with a doctor if you need a follow-up visit.

**HDHP Participants: The \$39 telemedicine visit payments will apply to plan deductible and out of pocket maximum*

How Do I Use BlueCare?

1 **Desktop:** Go to BlueCareLA.com

Mobile Device: Download the BlueCare app for Android and Apple devices



2 **Create your account.** After you create your account, you can use the same login information for desktop and mobile

3 **Choose your doctor.** Once logged into the BlueCare site, you will see a list of doctors available and can choose the one you want to see. Each BlueCare doctor has a short biography posted on the site. All doctors are U.S. trained and board certified.