



Use this suggested content in your company's newsletter to promote Blue Cross Online Visits<sup>SM</sup> to your employees with Blue Cross Blue Shield of Michigan and Blue Care Network coverage.

## **Blue Cross Online Visits is virtual care that's always there**

Health care is at your fingertips 24/7 from anywhere in the U.S. with Blue Cross Online Visits<sup>SM</sup>. A convenient and affordable virtual visit with a U.S. board-certified doctor or nurse practitioner who you can trust is an option for you and your family.

### **Medical care**

When your primary care provider isn't available, everyone on your health care plan can use Blue Cross Online Visits for minor illnesses. It's easy to find providers who specialize in children using the *Children's Medical* feature.

You don't need an appointment and the average wait time to see a provider is five minutes. Prescriptions, if needed, can be sent to your preferred pharmacy.

### **Behavioral health care**

During a confidential virtual behavioral health visit, you can talk to a licensed therapist or a U.S. board-certified psychiatrist. Behavioral health care is helpful when you're dealing with stressful situations or issues such as grief, anxiety or depression.

*Therapy* and *Psychiatry* are available by appointment and many providers offer extended hours, including nights and weekends.

### **Get started with care that's always there**

Download the BCBSM Online Visits<sup>SM</sup> app or visit **[bcbsmonlinevisits.com](https://bcbsmonlinevisits.com)**. When you update or create your account, choose your plan name and enter your enrollee ID so your coverage is applied correctly. Family members ages 18 and older must create their own accounts.

Blue Cross Online Visits is included in your Blue Cross health care plan. Medical visits usually cost the same as your office visit copayment, but no more than \$59 per visit. Behavioral health care visits cost the same as your out-of-pocket costs for behavioral health or start at \$85. You'll see your cost before you start your visit.

Call 1-844-606-1608 with any questions about your account.

Remember to follow up with your primary care provider. Your plan may have copayments, deductibles and out-of-pocket costs.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.