



Confidence comes with every card.®



Care any time, anywhere

News about the coronavirus is changing all the time. But our commitment to your health remains constant.

Public health officials say social distancing is key and recommend staying home to stem the virus' spread. With your Blue Cross health plan, you can get care 24/7 on your smartphone, tablet and computer or by telephone.

Here's how you can get virtual care:

- **Primary care doctor:** Talk with your doctor first. Many primary care doctors are now offering virtual visits online or by telephone, so ask yours if he or she provides this service.
- **24-Hour Nurse Line:** A registered nurse can help you decide if you can self-treat or if you need to see a doctor. Our nurse line has been and will continue to be **available at no cost to you**.
 - Blue Cross members: 800-775-2583
 - Blue Care Network members: 855-624-5214
- **Blue Cross Online VisitsSM:** You can have an online virtual visit with a U.S. board-certified doctor or nurse practitioner 24/7, anywhere in the U.S. The doctor can prescribe medication, if needed. Behavioral health is available by appointment.

To sign up, download the BCBSM Online VisitsSM app or visit bcbsmonlinevisits.com.
- **Behavioral health provider:** You can have virtual visits online or by telephone with your behavioral health care provider. If you would like help finding a provider, call the behavioral health number on the back of your Blue Cross member ID card.

From now and through the end of the year, Blue Cross is covering the cost of treatment for COVID-19.

Learn more at bcbsm.com/coronavirus