

Blue Cross Online Visits email suggested text
Medical and behavioral health care

Subject: Convenient online care for body and mind with Blue Cross Online VisitsSM

Feeling sick but can't get away from work? Need someone to talk with to work through a problem? There's a solution at your fingertips.

Take advantage of Blue Cross Online VisitsSM and see a doctor or therapist online using your smartphone, tablet or computer. It's available anywhere in the U.S.

Here's how to get started:

- **Mobile** – Download the BCBSM Online VisitsSM app
- **Web** – Visit bcbsmonlinevisits.com
- **Phone** – Call 1-844-606-1608

Add your Blue Cross or Blue Care Network health care plan information.

Sign up now [[hyperlink to: bcbsmonlinevisits.com](http://bcbsmonlinevisits.com)]

Medical online visits are available 24 hours a day, seven days a week, on demand or by appointment. You can use it to treat minor illnesses such as colds and respiratory infections when your primary care doctor isn't available.

And you also can use behavioral health visits to speak with a therapist or psychiatrist to address challenges you're facing such as grief, anxiety and depression. Therapy and psychiatry are available by appointment.

See a doctor or therapist:

1. Launch the online visits app or website, and log in to your account.
2. Choose a service: *Medical, Therapy or Psychiatry.*
3. Pick a doctor or begin a scheduled visit and enter your payment information.
4. Meet with the doctor or therapist online.
5. Get a prescription, if appropriate, sent to a local pharmacy.
6. Send a visit summary to your primary care doctor or other health care provider at the end of the online visit.

Sign up for Blue Cross Online Visits now, and be prepared for when you need to see a doctor or therapist. [[hyperlink to bcbsmonlinevisits.com](http://bcbsmonlinevisits.com)]

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Remember to coordinate care with your primary care doctor.