

Blue Cross Online Visits newsletter article suggested text
Medical and behavioral health

Get care for you and your family, body and mind, with Blue Cross Online VisitsSM

With online visits, caring for you and your family's health can be comfortable and convenient. Online doctors are available without an appointment, throughout the U.S., when you can't get to your primary care doctor's office. See a doctor anytime for minor illnesses such as:

- Sinus and respiratory infections
- Cold and flu
- Painful urination
- Eye irritation or redness
- Sore throat

Blue Cross Online Visits also gives you more choices for visiting with a therapist or psychiatrist. From the comfort of home, you can make an appointment and talk through difficult challenges you may be facing such as anxiety, depression or grief.

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)]

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 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 your 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 all care with your primary care doctor.