



A faster, easier way to see a doctor.



What is Telemedicine?

Telemedicine is an **alternative to in-person visits**. It allows health care professionals to evaluate, diagnose and treat patients at a distance via secure video/audio connections.

With Blue Cross and Blue Shield of Kansas coverage, you can **visit live with a doctor** on your computer or mobile device when it's **convenient for you**.

Patient benefits:

- » Less time away from work
- » No travel expenses or time
- » Easier if you have a child or elder in your care
- » Privacy
- » No exposure to other potentially contagious patients

When can I use it?

Consult a doctor for common conditions like:

- » Cold/Flu
- » Fever
- » Rash
- » Sinus infection
- » Pink eye
- » Ear infection

Call our Amwell partners at **1-844-SEE-DOCS** to speak with a doctor. Details on the back for **more benefits** and how to **download the app**.



bcbsks.com/telemed



Teletherapy services

Behavioral health and counseling services, known as teletherapy, are offered by licensed therapists who provide treatment for:

- » Anxiety
- » Attention deficit hyperactivity disorder (ADHD)
- » Stress
- » Bereavement
- » Obsessive-compulsive disorder (OCD)
- » Panic attacks
- » Depression
- » Trauma/post-traumatic stress disorder

Therapists are available from 6 a.m. to 10 p.m. CST, 7 days a week. Call our Amwell partners at **1-844-SEE-DOCS** to speak with a therapist.

Can my family use Telemedicine?

If your spouse and/or children are covered under your BCBSKS plan, they are eligible for telemedicine services. Your spouse should create their own account, but children and dependents under age 18 can be added to your account and have doctor visits on your behalf. You need to register first, and then the child or dependent can be added to the account. Children or dependents over the age of 18 must create their own account.

Connect anytime, anywhere

- » Download the "Amwell" app on any mobile device.



- » On a computer? Sign-up at bcbsks.com/telemed. Fill in the contact information and set-up a username and password.
- » Choose your own doctor from a list of U.S. board-certified doctor and therapist profiles. All profiles include physician certifications, licenses and online patient ratings.
- » Available nationwide, 24/7/365
- » Prescriptions: If a medication is prescribed, all prescriptions can be picked up at your local pharmacy.
- » Easy payment: Pay for the visit with credit, debit or HSA/FSA cards.
- » A complete record of each visit is securely maintained and can be accessed by you.

How much does it cost?

The out-of-pocket cost will be your copay, just like when you visit the doctor in person.

Your partner for a healthier you.

1-800-432-3990 • (785) 291-4180

1133 SW Topeka Blvd. Topeka, KS 66629-0001



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