



VIRTUAL CARE

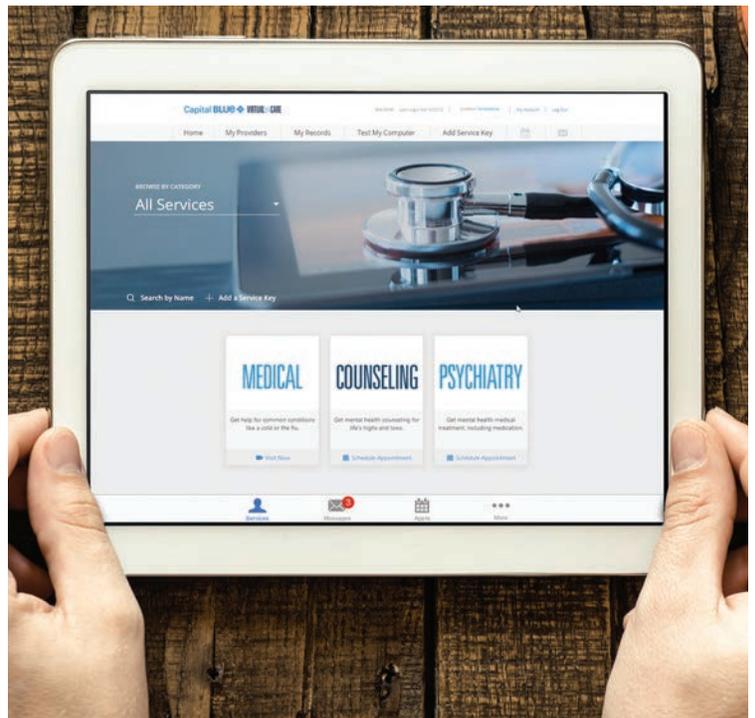


See a doctor anytime, anywhere, with Virtual Care.

With Virtual Care, doctors can diagnose common illnesses and send prescriptions straight to your pharmacy. Virtual Care is a covered benefit on most health plans from the Capital BlueCross family of companies*, and it even includes behavioral health and counseling services.

Why use Virtual Care?

- ✓ Convenient and easy
- ✓ Can be less costly than a trip to an urgent care center or emergency room
- ✓ Helpful when:
 - You need to see a doctor, but can't fit it into your schedule
 - Your doctor's office is closed
 - You feel too sick to leave the house
 - You become sick while traveling



*Virtual Care is not available to all members. Please check with your employer or review your benefit plan booklet to verify that Virtual Care is included in your program.

Convenient care — everywhere

From your phone, tablet, or computer, get treatment from a Virtual Care doctor or behavioral health specialist within minutes.

	Medical	Counseling	Psychiatry
Doctors and Counselors	Virtual Care providers are licensed doctors that have an average of 15 years of experience.	Virtual Care counseling services are provided by licensed psychologists and master's level counselors.	Virtual Care psychiatry services are provided by board-certified psychiatrists and neurologists, who provide a thorough assessment and follow-up visits for medication management.
Treatment for conditions, such as:	<ul style="list-style-type: none"> • Abdominal pain • Bronchitis and other respiratory infections • Flu • Pink eye • Strep throat 	<ul style="list-style-type: none"> • Anxiety • Bereavement and grief • Depression • LGBTQ counseling • Trauma 	<ul style="list-style-type: none"> • Anxiety disorders • Anorexia/bulimia • Bipolar disorder • Obsessive compulsive disorder • Post traumatic stress disorder
Availability	24/7 (including weekends and holidays) through the mobile app or website. No appointment necessary.	7 a.m. – 11 p.m. ET, 7 days a week, by appointment only (same day appointment is possible).	Patients can typically get appointments within 14 days, and a psychiatrist will schedule follow-up visits as needed.

Two ways to sign up:

1. Download the free Virtual Care app
2. Visit virtualcarebc.com



Learn More

Visit virtualcarebc.com to learn more about virtual visits and how to find local network doctors.

Questions

Virtual Care and website: Call **833.433.5914**

Health plan benefits: Call the number on your member ID card

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