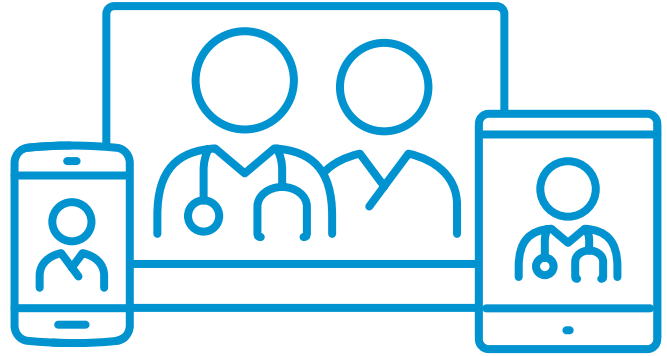




# Telehealth Options for You



Getting help has never been easier, telehealth visits make medical care more accessible. Access a provider in minutes or schedule an appointment using your computer, tablet or smartphone.

Telehealth is a convenient way to resolve routine medical conditions such as:

- Acne
- Bronchitis
- Bug bites
- Cold sores
- Flu
- Pink eye
- Rashes and skin conditions
- Strep throat
- Sinus infection
- UTI
- Lactation
- Behavioral health
- Nutrition

Telehealth services may be a covered benefit under your plan and cost sharing may be waived for some services. Call the phone number on the back of your BCBSND member card to learn more about your benefits.

## Two options to get care



### Option One

#### Use your own provider's telehealth services

Many providers or health care systems are providing telehealth services.

Visit their website for sign-in and visit instructions or contact them to begin care.



### Option Two

#### BCBSND/Amwell telehealth service

Amwell providers are available 24 hours a day, 365 days a year. In just minutes you can create an account and be online with a provider.

Amwell telehealth isn't meant to replace your primary care provider (PCP). It is designed to reduce non-emergency and walk-in clinic visits when your PCP isn't available.

To access care from Amwell, download the iOS or Android mobile app or visit [www.amwell.com](http://www.amwell.com) and enter service key [BCBSND](#).