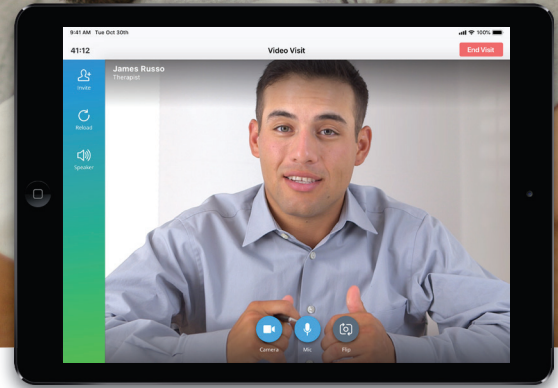




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ONLINE VISITS ANYTIME, ANYWHERE



Visit with a therapist or psychiatrist from the comfort and privacy of home

It's easy and convenient using Amwell

When you're feeling stressed, anxious or coping with struggles know that you're not alone. Now, you can talk with a licensed therapist or board-certified psychiatrist using Amwell. It's an easy and convenient way to get the support you need whether you're at home, work or on the go.

Visit with a therapist or psychologist

Amwell makes it easy to get the support you need any day of the week. Sign up today or login (enter service key BCBSND) to get started. Then select therapy to view the available therapists and schedule a 45-minute counseling visit. Therapists and psychologists are available 7 days a week with appointments available at night and weekends.

Visit Cost: Maximum cost is \$96 per visit with a therapist and \$122 per visit with a psychologist, but may be lower depending on your plan.

Talk to a psychiatrist to receive medication management

When talk therapy alone isn't enough, use Amwell to visit with the psychiatrist of your choice. Sign up or login (enter service key BCBSND) and select psychiatry to view the available psychiatrists and schedule a visit. The psychiatrists you see through Amwell can provide medication management support for behavioral health conditions. Please note the psychiatrists you see online cannot prescribe controlled substances.

Visit Cost: Your maximum cost is \$263 for a visit with a psychiatrist and \$145 for a follow-up visit, but may be lower depending on your plan.

Get help for these and more:

- Stress
- Anxiety
- Depression
- Relationship or family issues
- Grief
- Panic attacks
- OCD
- Coping with an illness
- PTSD
- Bipolar disorder
- Much more!

Download the iOS or Android mobile app OR visit www.amwell.com and enter service key BCBSND.