Virtual Visits
An Efficient and Cost-Effective Care Solution

Visit—MDLIVE.com/bcbsmt
Or call 888.684.4233
to speak to a health service specialist

There is no additional charge to set up your account; however, depending on your benefits, you may need to pay for your visit.

A virtual visit is for non-emergency room conditions. For emergencies, call 911 or go to the closest emergency room.
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Why Virtual Visits?

Four out of five smartphone users would like to interact with a healthcare provider via mobile phone.

On average, a virtual visit is $44.
• $85 less than an in-person PCP visit
• $250 less than an urgent care visit
• $950 less than an ER visit

Overuse of U.S. emergency departments is responsible for $38 billion in wasteful spending each year.
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VIRTUAL VISITS (telehealth)

No matter where you are, a doctor is available **24 hours a day/seven days a week.**

You can speak to a doctor immediately or schedule an appointment. This can be a better alternative to the emergency room or urgent care.

These are just some of the conditions doctors can help treat on the phone, computer or tablet:

**General Health**
- Allergies
- Asthma
- Joint aches
- Sinus infections

**Pediatric Care**
- Cold/flu
- Ear infections
- Pink eye

mustbenefits.org
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2 convenient ways to register & log in

Visit **bcbsmt.com** and click the Sign Up or Log In tab to access your Blue Access for Members (BAM) account.

Once logged in, access Virtual Visits from the quick links on the left.

**OR**

Using your smart phone, text your own online virtual assistant! This makes activation quick and easy. To start, just text BCBSMT to **635-483**.

› To download the **MDLIVE app** from the Apple Store™ or Google Play Store™