

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 health care 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

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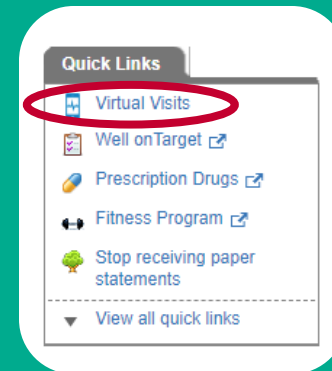


2 convenient ways to register & log in



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™