

THE DOCTOR WILL SEE YOU NOW. WHEREVER. WHENEVER.

Telemedicine gives you fast access to medical and behavioral health care 24/7/365, from the comfort of your home, desk, or hotel room. Through our partnership with MDLIVE, you'll receive the same quality of care you receive from your own doctor, but more conveniently via your phone, tablet, or computer.

Here are some of the common medical conditions treated with telemedicine:

Adults

- Allergies
- Cold and Flu
- Ear Infections
- Fever
- Headache
- Joint Aches and Pains
- Nausea and Vomiting
- Pink Eye
- Rashes
- Sinus Infections
- Sunburn
- Urinary Tract Infections*

Children

- Cold and Flu
- Constipation
- Earache*
- Fever*
- Nausea and Vomiting
- Pink Eye

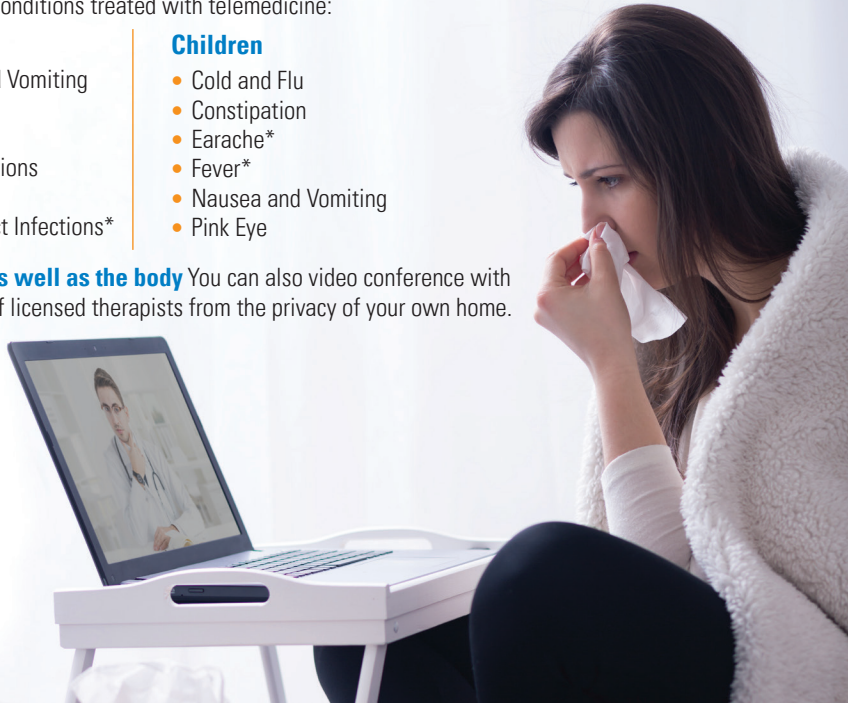
Telemedicine is good for the mind as well as the body You can also video conference with a psychiatrist or choose from a variety of licensed therapists from the privacy of your own home.



*MDLIVE does not provide support for urinary tract infections in males; does not provide support for earache conditions for children under 12 years old; does not provide support for fever-related conditions for children under 3 years old.

A nonprofit independent licensee of the Blue Cross Blue Shield Association

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When do you use telemedicine?

- Instead of going to urgent care or the emergency room for minor and non-life-threatening conditions
- Whenever your primary care doctor is not available
- If you live in a rural area and don't have access to nearby care
- When you're traveling for work or on vacation



Don't wait until you need it. Here are some easy ways to activate telemedicine today.

WEB: Register/Log in at [ExcellusBCBS.com/Member](https://www.excellusbcbs.com/Member)

APP: Download the MDLIVE app

TEXT: Text EXCELLUS to 635483

VOICE: Call 1-866-692-5045

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。请参见随附的文件以获取我们的联系方式