

Affordable doctor visits. Anywhere. Anytime.

MEDICAL CARE

Getting an appointment with your doctor when you're sick can be challenging. With telehealth services, you can video chat with a U.S. board-certified doctor from the convenience of your mobile device or computer. The average wait time is less than 15 minutes, and it often costs less than a visit to the emergency room or urgent care.

Telehealth services are available 24/7 in all 50 states. It's perfect when your doctor's office is closed, you're too sick or busy to go in person, or when traveling. You can use telehealth services for:

- Sinus infection
- Cold
- Flu
- Fever
- Rash
- Pinkeye
- Ear infection
- Migraine
- Sore throat

BEHAVIORAL HEALTH

With telehealth behavioral health services, licensed therapists are available seven days a week. They can provide treatment for the following conditions:

- Anxiety
- Depression
- Bereavement
- Stress
- Attention deficit hyperactivity disorder (ADHD)
- Obsessive-compulsive disorder (OCD)
- Trauma/Post-traumatic stress disorder (PTSD)
- And more

”

I love this service! All of our questions were answered and the prescriptions were called in, in less than 30 minutes. Saves me time and gas!

– Blue Cross and Blue Shield
of Nebraska member

Before you begin your video chat, you will be asked a few health questions and given a list of doctors to choose from or you may select the next available. After your chat, you may view the doctor's notes and diagnosis. If needed, the doctor can prescribe medication from the pharmacy you choose.

➔ To sign up, visit
NebraskaBlue.com/Telehealth