



BlueCareAnywhereAZ.com

See a doctor at your convenience!

You have better things to do than wait in a doctor's office. With BlueCare Anywhere, you can sign in on a computer or mobile device and connect to a live virtual visit with a board-certified medical professional—any day, anytime, anywhere. The cost for a medical virtual visit is \$49 per consultation (see benefit schedule for more detail).

Get immediate care online.

Whether you're at home or work, or even while you're traveling, get fast help and even a prescription, if necessary, for common health issues such as:

- cold, flu, fever;
- cough, bronchitis;
- diarrhea, vomiting;
- headache;
- pinkeye;
- rashes;
- sinus infection;
- sore throat;
- sprains and strains; and
- stomach bugs.

You can also remotely connect with a certified counselor, psychologist, or psychiatrist for help with:

- anxiety,
- depression,
- divorce or grief counseling,
- smoking cessation,
- stress from parenting or a major life change,
- weight concerns,
- and more.

Consultation fees vary for behavioral health visits depending on provider scope and service provided. Please see website for additional details.

HOW TO USE BLUECARE ANYWHERE

All you need is high-speed Internet access, and a smartphone, tablet, or computer with a camera. It's this simple:

1. Sign up/log in—just provide your name, email address, and a password.
2. Fill out a brief questionnaire about your symptoms, medications, and health history. (First visit only.)
3. Select the type of provider you want to see.
4. Choose an available doctor.
5. Pay your cost share. You can use a credit card, flexible spending account, or health savings account.
6. If medication is required, choose a pharmacy near you.
7. See the doctor, or schedule an appointment. Typical wait times are less than 2 minutes!
8. Receive a summary of your visit, which you can share with your primary care provider.