



# See a Doctor Anytime, Anywhere



Discover the ease and convenience of **BlueCare Anywhere** telehealth services. Just sign in on your computer, tablet or mobile device to visit with a doctor, counselor or psychiatrist whenever and wherever you need one.

## Three Types of Healthcare Available



### MEDICAL

There's never a convenient time to be sick. Whether you're at home, work or traveling, a board-certified doctor can see you right away for a range of common illnesses, aches and pains as well as prescribing medication.



### COUNSELING

Sometimes you just need to talk things out. You'll be glad to know certified psychologists or counselors are available within minutes or by appointment to help you with issues affecting your emotional wellbeing from depression and anxiety, to stress caused by grief, divorce, parenthood, or other major life changes.



### PSYCHIATRY

Connect with a board-certified psychiatrist face-to-face by video or voice from the privacy and comfort of your own home to get support for common behavioral health challenges. Experienced psychiatrists provide assessments, evaluations and treatment.



An Independent Licensee of the Blue Cross and Blue Shield Association

## Simple Steps to Connect to Care

One of the key benefits of BlueCare Anywhere is convenience. Virtual visits\* are available 24/7 and can be conducted anywhere you have access to a mobile device, tablet or computer with internet access, using these simple steps:



### **SIGN UP**

It's simple and only requires name, email and password.



### **SELECT A PROVIDER TYPE**

Medical, Counseling or Psychiatry



### **ENTER YOUR HEALTH DATA**

and insurance information (first visit only)



### **PAY THE COST SHARE**

with a credit card, FSA or HSA card



### **CHOOSE A PHARMACY**

in case medication is required



### **SEE THE DOCTOR**

or schedule an appointment



### **AFTER THE VISIT, GET A SUMMARY**

that you can share with your primary care provider

## CARE IS AVAILABLE NOW

VISIT [BlueCareAnywhereAZ.com](https://BlueCareAnywhereAZ.com) OR DOWNLOAD THE **BlueCare Anywhere** MOBILE APP FROM GOOGLE PLAY™ OR THE APP STORE®

\*Virtual visits do not provide emergency care. In an identified or probable emergency, the virtual visit provider will direct the patient to seek emergency care.

App Store is a service mark of Apple Inc., registered in the United States and other countries. Google Play and the Google Play logo are trademarks of Google Inc.



An Independent Licensee of the Blue Cross and Blue Shield Association