

## What is telehealth?

Telehealth enables virtual visits with board-certified physicians, counselors and psychiatrists using a smartphone, tablet, or computer. Healthcare professionals are available any day, any time for treating a wide range of physical and psychological care needs – either within minutes of a request or by appointment.

## What services are offered?

The following healthcare services are available on demand or by appointment.



### MEDICAL

Physicians provide care and prescription support for a range of common illnesses and injuries.

- Colds
- Flu
- Fever
- Cough
- Bronchitis
- Rash
- Abdominal pain
- Sinus infection
- Sore throat
- Diarrhea
- Vomiting
- Pinkeye
- Ear infection
- Migraines
- Sprains
- Strains



### COUNSELING

Certified psychologists or counselors treat issues affecting emotional, psychological and social well-being.

- Anxiety
- Stress management
- OCD
- Panic attacks
- Social anxiety
- LGBTQ counseling
- PTSD trauma
- Insomnia
- Depression
- Bereavement/grief
- Couples counseling
- Life transitions



### PSYCHIATRY

Board-certified psychiatrists provide assessments, evaluations, treatment and prescription support.

- Anorexia
- Bulimia
- Insomnia
- Social anxiety
- Anxiety disorders
- Cognitive disorder
- OCD
- PTSD
- Bipolar disorder
- Depression
- Panic attacks
- General anxiety

*See reverse side*



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## How does a telehealth visit work?

One of the key benefits of telehealth is convenience. Virtual visits are available 24/7 and can be conducted anywhere employees have access to a smartphone, tablet or computer with internet access, using these simple steps:

1. Enroll on **BlueCareAnywhereAZ.com** or download the BlueCare Anywhere mobile app available at Google Play™ and the App Store®
2. Select a provider type: Medical, Counseling or Psychiatry
3. Pay the cost share with a credit card, FSA or HSA Card
4. Choose a pharmacy, if medication is required
5. See the doctor or schedule an appointment
6. Receive a visit summary

## Why do companies want telehealth services for their employees?



### EXPANDED ACCESS TO CARE FOR REMOTE AND TRAVELING EMPLOYEES

Telehealth provides travelers and remote employees options for immediate care when they are not able to see their own provider. Post-visit summaries can be shared with other providers for continuity of care.



### ACCESSIBLE CARE, HEALTHIER EMPLOYEES

Because employees can conveniently access care from the comfort of their home or other familiar environments, they're more likely to seek care rather than delaying treatment. Early treatment can lead to positive health outcomes that can help improve absenteeism and productivity.



### CONVENIENCE AND COST SAVINGS

Appointments are available within minutes of logging on or can be scheduled to employees' needs. Plus virtual visits may help your employees avoid unnecessary urgent care or emergency room visits.\*



## What is the potential savings from a telehealth visit?

Fewer visits to the emergency room, urgent care and in-person doctors could **save \$214\*\*** on average per telehealth visit.

\*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.  
\*\*Source: American Well 2016

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