

## Blue Cross Blue Shield Resources

**Member Messaging:** Sign up for member messaging to receive cost-saving tips, health and wellness reminders and updates for your specific benefits. For example, a quick text can suggest convenient places to get a flu vaccine. It's a simple and secure way to get information you can use. It's easy to enroll – Call **844-206-0624**

**Essential Advocate:** Call **888-521-2583** any time of the day, any day of the week. A care coordinator will connect you with a registered nurse or other expert who can provide information, support or health pointers. For example, you can get help with:

- Finding a doctor, specialist or urgent care center
- Concerns about medications and side effects.
- Locating helpful programs and resources in your community.
- Preparing for surgery and taking steps for a healthy recovery.
- Scheduling an appointment with your doctor

## New Telemedicine Provider—Teladoc through BCBS



Why wait for the care you need now? **Teladoc** gives you 24/7/365 access to a board-certified physician through the convenience of phone or video consults. **Teladoc** is an independent company that provides telehealth consultation services on behalf of your health plan.

**Teladoc** doctors can treat many of the most common medical conditions, including:

- Cold and flu symptoms
- Allergies
- Bronchitis
- Urinary tract infections
- Respiratory infections
- Sinus problems
- And more!

They can also write prescriptions according to the regulatory guidelines of your state.

### It's easy to get started

Grab your insurance card and go to [www.Teladoc.com](http://www.Teladoc.com) or call 866-789-8155 to set up your account. Once you have an account, simply log in with your username and password whenever you need to consult with a Teladoc physician.