

# See a doctor anytime, anywhere



## Telemedicine is a convenient and low-cost option when you can't get to your doctor.

You can see a board-certified doctor by secure video, phone, or mobile app — anytime, anywhere — who can treat non-emergency medical conditions such as:

- Colds and flu
- Allergies
- Asthma
- Pink eye
- Ear infections
- Sinus problems
- Respiratory infections
- Joint aches and pains
- Vomiting and nausea
- And more

Plus, it's more cost-effective than visiting the ER for an illness that's not an emergency. Check your plan to see how telemedicine is covered.

Don't wait until you're sick—  
activate your account once you  
have your member ID card.



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