



# Virtual Visits for Convenient, Confidential Care

Your Blue Cross and Blue Shield of Illinois (BCBSIL) benefit includes behavioral health care visits with MDLIVE® board-certified doctors and licensed therapists.

Virtual Visits connect you with an independently contracted, board-certified doctor or therapist by secure online video. There's no travel and no waiting room—just a convenient, affordable and confidential consultation in the comfort of your own home, office or on-the-go.

## Virtual Visits can help you with:

- Depression
- Eating disorders
- Grief and loss
- Men's issues
- Panic disorders
- Parenting issues
- Relationship and marriage issues
- Stress
- Substance use disorders
- Trauma and PTSD
- Women's issues
- And more!

Download the MDLIVE app to get appointment reminders, secure messaging and important notifications.

Visit **MDLIVE.com/bcbsil** or call **(888) 676-4204** now to activate your MDLIVE account and schedule a consultation. There is no cost to activate your account. The cost of your consultation may vary depending on the length and type of treatment and your benefit plan.

Virtual Visits may not be available on all plans. Non-emergency medical service in Montana and New Mexico is limited to interactive online video. Non-emergency medical service in Arkansas and Idaho is limited to interactive online video for initial consultation.

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