

GET ONGOING SUPPORT

with behavioral health services from Teladoc®

BEHAVIORAL HEALTH VISITS THROUGH TELADOC

Teladoc connects you with a licensed behavioral health specialist whenever and wherever you're most comfortable. Appointments are available seven days a week, from 7 a.m. to 9 p.m. local time, and must be scheduled at least 72 hours in advance. You can get ongoing support for:



**Stress
and anxiety**



Depression



**Substance use
disorder**



**Grief and family
difficulties**

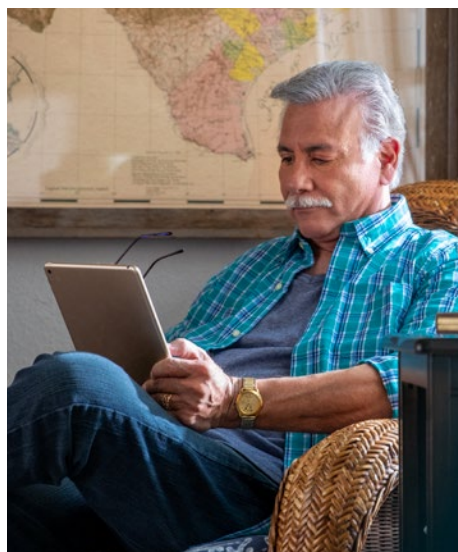


And more

WHO CAN GET CARE?

You're eligible for Teladoc behavioral health services if you're a current Blue Cross and Blue Shield Service Benefit Plan member, 13 or older. This benefit is available in all 50 states and Washington, D.C.

Teens between 13 and 17 must have a signed parental consent form before they can participate.



HOW TO SCHEDULE A VISIT

1. Register or sign in to your Teladoc account at fepblue.org/telehealth or use the **Teladoc app**
2. Request a visit
3. Answer a few questions
4. Select a doctor
5. Request a time for your appointment

WHAT YOU'LL PAY

You'll pay less than you would at the doctor's office.* Payment is due at the time of service and can be made via credit card, PayPal (online or app only) or with funds from your MyBlue® Wellness Card† or Health Savings Account.

Standard Option

\$0-\$10**

Basic Option

\$0-\$15**

FEP Blue Focus

\$0-\$10**

Need help or have questions? Call Teladoc at **1-855-636-1579**.

**You must use our Preferred telehealth provider, Teladoc, to receive these copay amounts. Certain out-of-pocket costs do not apply if Medicare is your primary coverage for medical services (it pays first).*

†Standard and Basic Option only.

***Your first two visits and all nutritional counseling visits are free. You pay your regular copay for all additional visits.*

Teladoc is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.

This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal brochures (Standard Option and Basic Option: RI 71-005; FEP Blue Focus: RI 71-017). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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