

GET ONGOING SUPPORT

WITH MENTAL HEALTH SERVICES FROM TELADOC HEALTH®

fepblue.org

WHAT IS TELEHEALTH?

We've partnered with Teladoc Health to make it even easier to get the care you need. Telehealth lets you talk with board-certified doctors by phone or video anytime, anywhere.

MENTAL HEALTH

Telehealth connects you with a licensed mental 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




HOW TO SCHEDULE A VISIT

You're eligible for telehealth services if you're a current Blue Cross and Blue Shield Service Benefit Plan member, 18 or older. Teens ages 13 to 17 can also participate if their parent signs a consent form.

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

WHAT YOU PAY

 We cover all of your telehealth visits from Teladoc Health at no out-of-pocket cost to you.

Teladoc Health 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 Employees Health Benefits Program brochures (FEP Blue Standard® and FEP Blue Basic®: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.

The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield companies. The Blue Cross® and Blue Shield® words and symbols, Federal Employee Program®, FEP® and symbols, Federal Employee Program® and FEP® are all trademarks owned by Blue Cross Blue Shield Association.

FEPTELBH2025-02