

It's easy to find a network doctor

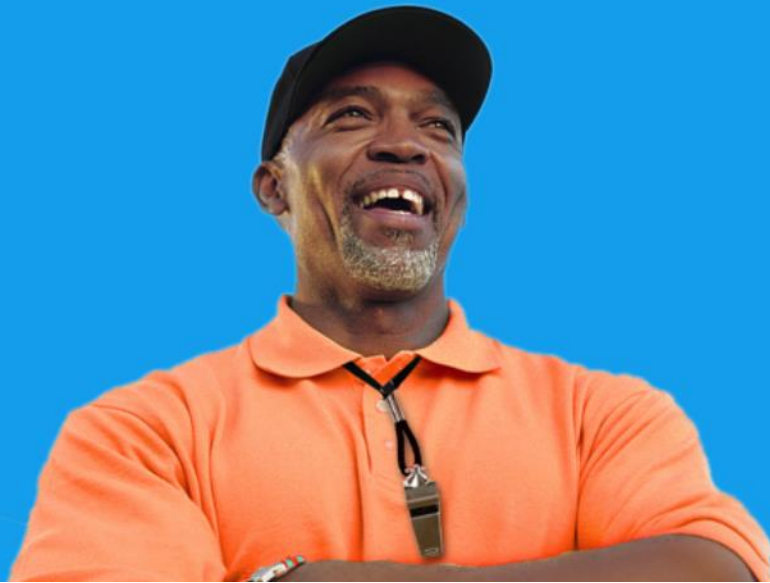


Log into
highmarkblueshield.com and
click Find a Doctor or Rx

OR

Call My Care NavigatorSM
at **1-888-BLUE-428**

Help 24 hours a day



Blues On CallsSM

When making health care decisions, talk to a medically trained health coach. It's confidential ... and it's free.

Call 1-888-BLUE-428

Virtual Medicine (Telemedicine)

- **What is it?**

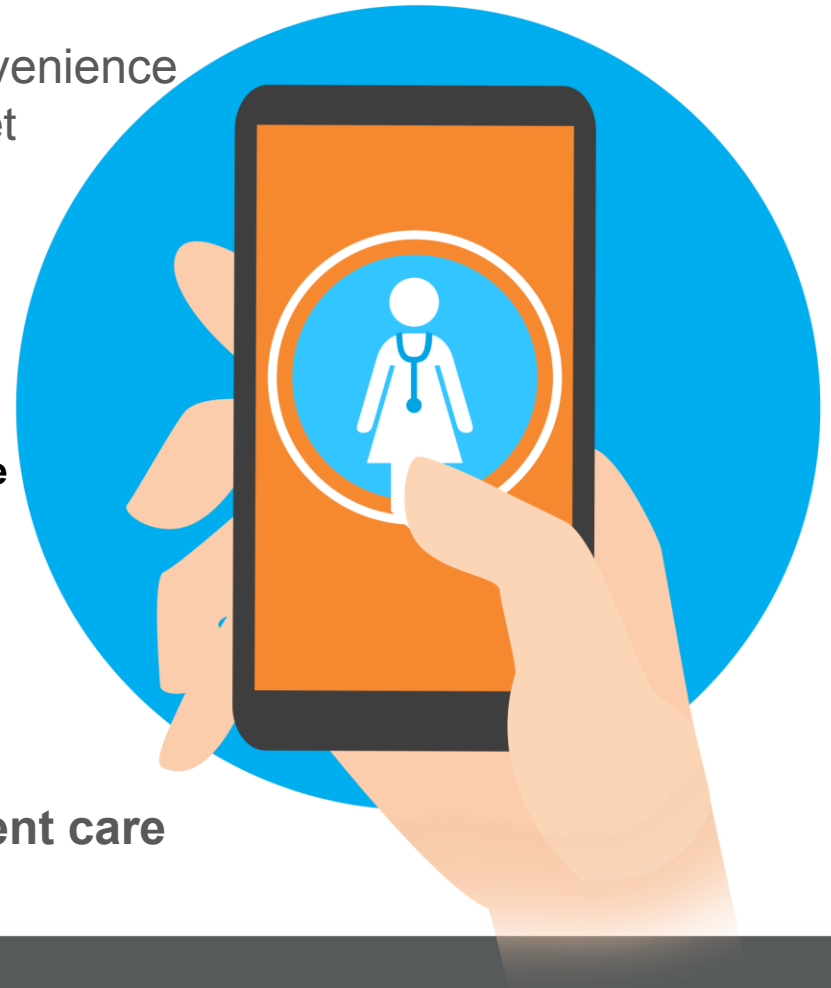
- A “**virtual**” doctor’s visit from the convenience of your computer, smartphone or tablet

- **Why use virtual medicine**

- **Convenience** – the doctor is available 24/7
 - **Easy** – it’s so easy to connect to doctor
 - **Care**– doctors are able to treat and diagnose
- More than 90% of urgent care visits**

When should you consider virtual medicine?

- **When your on vacation**
- **When you don’t want to go the urgent care center**



Virtual Medicine (Telemedicine)

Great for non-emergency conditions –
Such as sinus infections, upper respiratory infections, bronchitis, pink eye, sore throat, cough, etc.



doctorondemand.com



amwell.com
