

VIRTUAL HEALTH

Care. Anytime. Anywhere.

You need healthcare 24/7 — not just when it's convenient. Beginning July 1, 2019, you'll have access to medical help on your smartphone or computer when you can't see your primary care doctor in person. It's called virtual health, and it means expert medical care — and even medicine — is always at your fingertips.

Easy to sign up, simple to use

Virtual health is user-friendly. Simply go to **MyVirtualHealth.com** and follow the instructions.

*(Note: You must be registered for My Blueprint, our member portal, to sign up for virtual health. You can do both at **MyVirtualHealth.com**.)*

Virtual health (powered by MDLIVE):

- Allows covered employees and their dependents to see a physician after hours or away from home
- Boasts an average wait time of less than 10 minutes
- Features 24/7/365 availability of state-licensed, board-certified physicians (including pediatricians)

Virtual health visits are treated the same as a visit with a primary care physician. Normal copayments, coinsurance and deductibles apply. You simply pay online at the time of service.



When do I use virtual health?

Virtual health is intended for nonemergency conditions such as:

- Allergies
- Common cold
- Constipation
- Cough
- Diarrhea
- Ear problems
- Fever
- Flu
- Headache
- Insect bites
- Nausea
- Pink eye
- Rash
- Respiratory problems
- Sore throat
- Urinary problems
- Vomiting
- And more ...

Visit the nearest ER if you have a broken bone, excessive bleeding, dangerously high fever, a bad burn, symptoms of heart attack or stroke, etc.

Questions? Learn more about virtual health at **MyVirtualHealth.com** and sign up today, so you'll be ready when you have a need! With virtual health, you can begin to enjoy healthcare on your own terms. Anytime. Anywhere.

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