

# Virtual Health

## BEHAVIORAL | MEDICAL

blueprint

Avoid the cost and inconvenience of the ER for nonemergency medical conditions. Use your computer or phone to access board-certified physicians, psychiatrists and licensed therapists.

### Use it for nonemergencies like:

- Family trouble
- Substance use problems
- Job stress
- A sinus infection
- Stomach problems
- Your child's fever  
*(pediatricians are available)*



Register today, so when you need care, help is available.

Go to [myvirtualhealth.com](https://myvirtualhealth.com) and follow the simple steps to register or sign in.



### Virtual Health is helpful for nonemergency conditions like:

#### Medical:

- Common cold
- Cough
- Diarrhea
- Fever
- Nausea
- Rash
- Sore throat
- Vomiting

#### Behavioral:

- Anxiety
- Depression
- Eating disorder
- Grief and loss
- Relationship issues
- Panic disorders
- Stress management
- Trauma and PTSD



**BlueAdvantage  
Administrators of Arkansas**

An Independent Licensee of the Blue Cross and Blue Shield Association

MDLIVE is a separate company that provides telehealth services for members of BlueAdvantage Administrators of Arkansas.

Virtual Health currently is available to all fully insured health plans but not available to all health plans. Members with an active medical plan whose coverage includes Virtual Health should be able to successfully register via the link within Blueprint Portal. Your benefit summary will indicate if Virtual Health is available to you. Notably, it is not available to members who have limited duration plans, Medicare Prescription Drug and Medicare Supplement plans, or plans covering employees of FEP, Arkansas State and Public Schools, or Baptist Health.

Behavioral health benefits through Virtual Health are available for select members served by BlueAdvantage Administrators of Arkansas. For coverage verification, call the number on the back of your member ID card or contact your group administrator.