

# ... Virtual Health ...

## BEHAVIORAL | MEDICAL

Wouldn't it be great if you had **professional counselors** and **personal doctors** on call 24/7? **You do!**

Avoid the cost and inconvenience of going to the ER for nonemergency medical conditions. Use your computer or phone to access board-certified physicians from wherever you are, providing you with the answers, prescriptions, and referrals you need to get better.

### Use it for nonemergencies like:



**Family trouble**



**Substance use problems**



**Job stress**



**A sinus infection**



**Stomach problems**



**Your child's fever**  
*(pediatricians are available)*



**BlueAdvantage  
Administrators of Arkansas**

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

State-licensed, board-certified physicians and psychiatrists, and licensed therapists are always ready and waiting around the clock.



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

Anytime your emotional condition might make you a danger to yourself or others, seek inpatient care immediately. And go to the ER for medical emergencies like broken bones, excessive bleeding, dangerously high fever, symptoms of heart attack or stroke, etc.

Virtual Health is perfect for nonemergency conditions such as:



## Behavioral health conditions:

- Addictions
- Anxiety
- Depression
- Bipolar disorders
- Eating disorders
- LGBTQ support
- Grief and loss
- Relationship issues
- Men's issues
- Panic disorders
- Stress management
- Trauma and PTSD
- Women's issues

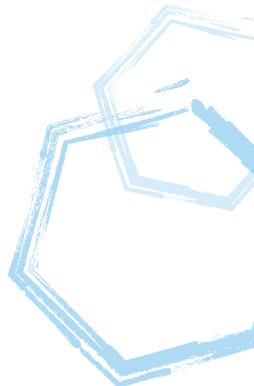
## Medical conditions:

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



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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.