



Agency Benefits Coordinator Meeting

Telehealth

August 2019

Your state-sponsored Telehealth programs through BCBST and Cigna are available 24 hours a day, seven days a week, including nights, weekends and holidays?

True **A**

False **B**

When to use telehealth

- For non-emergency medical issues (allergies, asthma, bronchitis, cold & flu, infections, fever, ear aches, nausea, pink eye, sore throat).
- 24 hours a day, seven days a week-including nights, weekends and holidays
- Your doctor or pediatrician is unavailable
- It's not convenient to leave your home or work
- You are traveling and need medical care

Use Your Network Carrier

 Doctor On Demand
July 16 at 11:53 AM · 🌐

Whether you're considering a weight loss journey or have already started, our doctors are here to help. Tune in tomorrow as they answer your top questions about weight loss and wellness on Facebook Live. Wednesday, July 17th at 3pm PT.




dr. on demand

JOIN US LIVE ON FACEBOOK
Weight Loss Q&A


with Dr. Kristin Dean and
Dr. Sabina Kobyliniski-Tognazzini
July 17th at 3PM PT



 104  10 Shares

 Like  Comment  Share




 CareClix
July 15 at 11:00 AM · 🌐

For patients who need to travel to see a **#doctor**, the travel time can be burdensome and limit the care they receive. **#Telehealth** solutions like **#CareClix** can help patients in rural areas receive timely and quality care.



 1 

NPR.ORG
With Rural Health Care Stretched Thin, More Patients Turn To Telehealth

 Like  Comment  Share

Which one of these telehealth providers is not one of the state-sponsored telehealth programs?

PhysicianNow

Teledoc

MDLive

Amwell

Registration Recommended

- It isn't required that you pre-register, but if you register your health history ahead of time it makes the scheduling process faster when you need it.
- **BCBST**
 - Login to BlueAccess at bcbst.com/member
 - Look for and select Talk With a Doctor Now
 - Or, call 888.283.6691
- **Cigna**
 - Login to MyCigna.com
 - Look for MDLive or Amwell and select the vendor of your choice
 - Or, call 888.726.3171 for MDLive or 855.667.9722 for Amwell



Cost

- PPO Members: Copay is \$15 (in-network)
- CDHP Members: You pay the negotiated rate per visit until you reach your deductible, then the primary care office visit coinsurance applies.

Optum Virtual Visits

- Virtual Visits are also available through Optum, your behavioral healthcare vendor
- Meet with a behavioral health or EAP provider through private, secure video conferencing
- The copay for virtual visits is the same as an office visit
- To get started, go to [Here4TN.com](https://www.here4tn.com), scroll down, select provider search, then filter the results by “virtual visits” or call 855-Here4TN for assistance

**PARTNERS
FOR HEALTH**

Telehealth

24/7 non-emergency medical doctors
available when you need them.

