

# Affordable doctor visits. Anywhere. Anytime.

## Medical Care

Getting an appointment with your doctor when you're sick can be challenging. With telehealth services from Amwell®, you can video chat with a U.S. board-certified doctor from the convenience of your mobile device or computer. The average wait time is less than 10 minutes, and it often costs less than a visit to the emergency room or urgent care.

Telehealth services are available 24/7 in all 50 states. It's perfect when your doctor's office is closed, you're too sick or busy to go in person, or when traveling. You can use telehealth services for:

- Sinus infection
- Cold
- Flu
- Fever
- Rash
- Pinkeye
- Ear infection
- Migraine
- Sore throat

## Behavioral Health

With telehealth behavioral health services, licensed therapists are available seven days a week, 7 a.m. – 11 p.m. local time. They can provide treatment for the following conditions:

- Anxiety
- Depression
- Bereavement
- Stress
- Attention deficit hyperactivity disorder (ADHD)
- Obsessive-compulsive disorder (OCD)
- Trauma/Post-traumatic stress disorder (PTSD)
- And more



**I love this service! All of our questions were answered and the prescriptions were called in, in less than 30 minutes. Saves me time and gas!**

— Blue Cross and Blue Shield of Nebraska member

## SIGNING UP IS EASY

There are three easy ways to register:



Download the Amwell app



Visit Amwell.com



Call 844-733-3627

Enter service key **BCBSNE** and your Blue Cross and Blue Shield of Nebraska member ID to ensure you are charged the correct discounted amount.

Before you begin your video chat, you will be asked a few health questions and given a list of doctors to choose from or you may select the next available. After your chat, you may view the doctor's notes and diagnosis. If needed, the doctor can prescribe medication from the pharmacy you choose.

To learn more, visit

[NebraskaBlue.com/Telehealth](https://NebraskaBlue.com/Telehealth)

