

Intranet Content – Telehealth

Add content to your intranet site to help your employees find mental health resources. Please choose one of the following options:

- Introduction copy with a link to an informational flier
- Full content

Introduction with flier:

Affordable doctor's visits. Anywhere. Anytime.

Getting an appointment with your doctor or therapist can be challenging. With telehealth services through Amwell®, you can video chat with a doctor or licensed therapist from the convenience of your mobile device or computer. Review the attached flier for more information. *(note attach member flier from toolkit)*

Full Content:

Affordable doctor's visits. Anywhere. Anytime.

Getting an appointment with your doctor or therapist can be challenging. With telehealth services through Amwell®, you can video chat with a doctor or licensed therapist from the convenience of your mobile device or computer.

You can visit with a doctor in less than 10 minutes for many issues; here a some of the most common:

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

You can also schedule an appointment with a licensed therapist to get help with the following:

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

Here's what one member had to say: "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!"

There are three easy ways to use telehealth services through Amwell:

- Download the Amwell app
- Visit [Amwell.com](https://www.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://www.NebraskaBlue.com/Telehealth)

If you have any questions, please call the Member Services number on the back of your member ID card.