



What is telemedicine?

This is a benefit feature added to your Excellus BCBS medical plan. It provides 24/7/365 on-demand access to U.S. board certified doctors and pediatricians—anytime, anywhere within the USA. This year behavioral health coverage is an added benefit feature.

Common conditions treated

General Health

Allergies
Asthma
Bronchitis
Joint Ache
Respiratory Infections
Sinus Infections...and more!

Pediatric Care

Cold & Flu
Ear Aches
Constipation
Nausea
Pink Eye

Behavioral Health

Depression
Anxiety
Substance Use
Stress
Grief

You can register online at: [ExcellusBCBS.com/Telemedicine](https://www.excellusbcbs.com/telemedicine) or by calling **1-866-692-5045**.

You will be asked for:

- Your name
- Date of birth
- Address
- Phone number(s)
- Excellus BCBS membership ID Number
- A unique username and password
- The answer to a security question of your choice

You also can register other members of your family covered under your Excellus BCBS plan.

Once you register, enter for a chance to win a:

- 1) Wegmans Gift Card (2-\$100 Gift card and 10-\$10 card)
- 2) Massage Envy Gift Card (6-\$50 Gift Card)
- 3) Panera Bakery Gift Card (10-\$10 Gift Card)

To enter the drawing you must:

- 1) Register with Telemedicine and
- 2) Complete the RCSD Telemedicine survey by March 30, 2019 at <https://www.surveymonkey.com/r/2019TelemedSurvey>

Already registered with Telemedicine? You can still enter the drawing by completing the survey.