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No cost options for care in this difficult time

News about the coronavirus is changing all the time. But our commitment to your health remains constant. That's why we want to remind you of your **no cost options**.

Public health officials say social distancing is key and recommend staying home to stem the virus' spread.

You have options for care that will help keep you safe at home, including:

- **Primary care doctor:** The first stop for health care needs. Some primary care doctors are seeing patients through virtual appointments.

Blue Cross is offering \$0 cost share for immediate-care online visits through April 30. The visits must be online with in-network providers (who are able to do so). Call yours to see if they offer this service.

- **24-hour Nurse Line:** You can contact a registered nurse free for health care advice or information about health concerns.
 - Blue Cross members: 800-775-BLUE
 - Blue Care Network members: 855-624-5215
- **Blue Cross Online Visits:** You can have a face-to-face virtual medical visit with a board-certified doctor 24/7 anywhere in the U.S. The doctor can also prescribe medication, if needed.

Now through April 30, medical visits are provided at no cost to members. Here's how to sign up and use online visits:

- Download the online visits app, BCBSM Online VisitsSM
- Visit bcbsmonlinevisits.com
- Call 1-844-606-1608

As with all things, we want you to be prepared and know what to do when health issues like the coronavirus occur. You have questions and Blue Cross is here to help you find answers.