



Blue Cross Online VisitsSM

Private and confidential virtual behavioral health care

With Blue Cross Online VisitsSM, you can have virtual visits with licensed therapists and U.S. board-certified psychiatrists. The *Therapy* and *Psychiatry* options provide ongoing support for stressful situations or issues such as grief, anxiety or depression.

This is in addition to the 24/7 medical care that you have with Blue Cross Online Visits.

Therapy and Psychiatry are available by appointment with many providers offering extended hours, including nights and weekends.

THERAPY

You can choose from psychologists, licensed clinical social workers, marriage and family therapists or licensed professional counselors.

Therapists are available for virtual visits by appointment from 7 a.m. to 11 p.m., including weekends, for adults and children ages 10 and older. Visits last 45 minutes.

PSYCHIATRY

Psychiatrists are U.S. board-certified in psychiatry or neurology and are available by appointment for adults ages 18 and older. Many offer evening and weekend hours.

Your initial visit lasts 45 minutes, while follow-up appointments are 15 minutes. Prescriptions, if necessary, are sent to your preferred pharmacy.

To get started, log in to your Blue Cross Online Visits account and choose *Therapy* or *Psychiatry*. Learn about the providers, choose one who meets your needs and schedule an appointment.

Behavioral health care visits cost the same as your out-of-pocket costs for behavioral health or start at \$85. You'll see your cost before you start your visit.

Schedule an appointment

Download the BCBSM Online VisitsSM app
or visit bcbsmonlinevisits.com

Family members ages 18 and older will need to register for their own account. When updating or creating your account, be sure to choose your plan name and enter your enrollee ID so your coverage is applied correctly. If you have questions, call 1-844-606-1608.

Blue Cross Online Visits does not treat substance use disorder.

Remember to follow up with your primary care provider. Your plan may have copayments, deductibles and out-of-pocket costs.



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