



See a Doctor Online, Face-to-Face

Convenient 24/7 Care with \$0 Copay

Your Blue Cross® Blue Shield® of Arizona (BCBSAZ) Medicare Advantage plan includes BlueCare AnywhereSM telehealth services. If you don't have a regular doctor, or if your primary care provider is unavailable, you can visit with a board-certified doctor, counselor, or psychiatrist using your computer, tablet, or smartphone. It's the easy way to get immediate care—any day, any time, from almost anywhere.

Use BlueCare Anywhere for these healthcare services:



MEDICAL

BlueCare Anywhere can connect you with a board-certified doctor in the privacy and comfort of home. Get treated for minor injuries and illnesses and non-emergency health issues like cold and flu symptoms, fevers, rashes, and stomach bugs. Doctors can also prescribe medications from your pharmacy of choice, if needed.



COUNSELING

If you need to talk things out, board-certified psychologists and counselors are available by appointment for video chats or phone calls*. They can help you with concerns such as depression and anxiety, as well as stress caused by grief, divorce, long-term illness, and other life changes.



PSYCHIATRY

A board-certified psychiatrist is available by appointment*. Experienced psychiatrists can help you address common behavioral health challenges, and provide assessments and treatments, as well as assist with medication management.



DOWNLOAD THE **BlueCare Anywhere** APP
OR VISIT **BlueCareAnywhereAZ.com** NOW.



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Sign up today—it's easy!



Take a few minutes to set up your account at BlueCareAnywhereAZ.com or download the [BlueCare Anywhere mobile app from the Apple® App Store® or Google Play™ online marketplaces](#). That way, the next time you need to see a doctor, you'll be ready to go.

To set up your account:

1. Enter your name and email address, and set a password for your account.
2. Click the box to agree to the Terms of Use.
3. Click "Sign Up."

On the next screen, you'll be asked to enter:

1. Your date of birth
2. Your home address
3. The name of your health insurance provider and your member ID number
4. Click "OK." You're all set!

To use BlueCare Anywhere:

1. Open the BlueCare Anywhere mobile app or go to BlueCareAnywhereAZ.com and sign in.
2. If you are currently traveling, update your profile to show the state where you are. Taking this step will make sure you get connected with a doctor who is licensed to practice in that state.
3. Follow the steps to choose a doctor or make an appointment. Some doctors are available right away. Others might have a short wait time.



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*Appointments are required for counseling and psychiatric visits.

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BCBSAZ offers BluePathway HMO and BlueJourney PPO Medicare Advantage plans. BCBSAZ Advantage, a separate but wholly owned subsidiary of BCBSAZ, offers Blue Medicare Advantage Standard, Classic, and Plus HMO plans. BCBSAZ is contracted with Medicare to offer HMO and PPO Medicare Advantage plans and PDP plans. Enrollment in BCBSAZ plans depends on contract renewal. Please contact Member Services at 480-937-0409 (in Arizona) or toll-free at 1-800-446-8331 (TTY: 711). Hours are 8 a.m. to 8 p.m., Monday through Friday from April 1 to September 30; and seven days a week from October 1 to March 31. Comuníquese con nuestro Departamento de Servicio al Cliente al 480-937-0409 (en Arizona) o al número gratuito 1-800-446-8331 para obtener información adicional. Los usuarios de TTY deben llamar al 711. El horario de atención es de 8 a.m. a 8 p.m., lunes a viernes desde el 1 de abril hasta el 30 de septiembre; y los 7 días de la semana desde el 1 de octubre hasta el 31 de marzo.

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