



Connect with a provider 24/7



Discover the convenience, comfort, and savings of BlueCare AnywhereSM

If you don't have a regular doctor, or if your primary care provider isn't available, you can visit with a board-certified doctor in the privacy and comfort of home. See a doctor, counselor, or psychiatrist from your phone, computer, or tablet. So you can get the care you need—from wherever you are. Plus, BlueCare Anywhere visits often cost less than an urgent care visit.

What services are offered?



Medical

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

You can get the benefits of an in-person counseling session online. Schedule an appointment with a board-certified counselor or psychologist to get help for depression and anxiety, as well as stress caused by grief, divorce, parenting challenges, job loss, and other major 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.



Care is available now!

Log in to AZBlue.com/MyBlue, click on **Find Care**, then select **BlueCare Anywhere** or visit BlueCareAnywhereAZ.com.

Quick Tips

The BlueCare Anywhere telehealth app puts you **face to face** with a board-certified doctor **any time, day or night**, and board-certified counselors, psychologists, and psychiatrists are available by appointment. These tips can help you start a visit in minutes using your computer, tablet, or smartphone.

1 Sign up to get started. It's easy!

- Log in to AZBlue.com/MyBlue, click on **Find Care**, then select **BlueCare Anywhere** to login or sign up.
- Fill in your contact information.
- Set up your username and password.
- Add your insurance, doctor, health, and payment information.
- You're ready to use BlueCare Anywhere!

2 Know when to use it.

Visit with a doctor, counselor, or psychiatrist for help with:

- Cold, flu, fever
- Cough, bronchitis
- Diarrhea, vomiting
- Headache
- Pink eye
- Rashes
- Insomnia
- Anxiety
- Depression, and more



This is not a complete list. BlueCare Anywhere should not be used for burns, wounds, broken bones, or life-threatening conditions. In an identified or probable emergency, the virtual visit provider will direct you to seek emergency care. For more information, visit BlueCareAnywhereAZ.com.

3 Make an appointment.

- Follow the steps to choose a provider for immediate care, or schedule an appointment for counseling or psychiatry.
- You can see the fees, and add or change your payment information.



If you are traveling out of state, you'll need to change your profile setting to show the state you're visiting. That way, you can choose a doctor who is licensed to practice in that state.

4 Get treated.



You will talk with the doctor about your health concern just like you would at a regular office visit.



The doctor will give you treatment options and may send a prescription to the pharmacy you've selected, if needed.



Need a "sick slip" or other document to go back to work or school? The doctor can provide one as appropriate.



After your visit you'll receive a report that you can share with your PCP or other healthcare provider.



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**BlueCross
BlueShield
Arizona**

An Independent Licensee of the Blue Cross Blue Shield Association

Virtual visits do not provide emergency care. In an identified or probable emergency call 911, or the virtual visit provider will direct the patient to seek emergency care. Apple is a trademark of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc., registered in the U.S. and other countries. Google Play is a trademark of Google LLC. Blue Cross, Blue Shield, and the Cross and Shield Symbols are registered service marks, and BlueCare Anywhere is a service mark, of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Other logos are the property of their respective owners. ©2024 Blue Cross Blue Shield of Arizona, Inc. All rights reserved.