



Virtual Visits Combat Stress for Less

Your Blue Cross and Blue Shield of Illinois (BCBSIL) benefit includes behavioral health care visits with MDLIVE® board-certified doctors and licensed therapists.

When you're faced with workplace stress, relationship challenges, general anxiety, grief or parenting issues, save time and money by connecting with MDLIVE® board-certified doctors and licensed therapists by secure online video.

Download the MDLIVE app to get appointment reminders, secure messaging and important notifications. Then schedule a consultation with an independently contracted, board-certified MDLIVE doctor or licensed therapist.

Virtual Visits can also help with:

- Depression
- Eating disorders
- Men's issues
- Panic disorders
- Substance use disorders
- Trauma and PTSD
- Women's issues
- And more!

Visit [MDLIVE.com/bcbsil](https://www.mdlive.com/bcbsil) or call **(888) 676-4204** now to activate your MDLIVE account and schedule a consultation. There is no cost to activate your account. The cost of your consultation may vary depending on the length and type of treatment and your benefit plan.

Virtual visits may not be available on all plans. Non-emergency medical service in Montana and New Mexico is limited to interactive online video. Non-emergency medical service in Arkansas and Idaho is limited to interactive online video for initial consultation.

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