

This message is intended for employees insured by **Steuben Area Schools Employee Benefit Plan through Excellus BCBS**

Reminder! Telemedicine Benefit is Available to You.

We are pleased to share that Excellus BlueCross BlueShield your health insurer is offering you this program -- telemedicine. Using your phone or computer, you can have a doctor's visit any time of the day or night when you or a family member has a minor illness, e.g., a rash, cough or sore throat.

Visit a Board-certified Doctor Anytime, Anywhere.

Excellus BCBS partnering with MDLIVE, a leader in telemedicine, is providing an easy-to-use platform offering the convenience of an in-person doctor visit without the hassle of leaving home, waiting a long time in a crowded ER or urgent care office, or paying a high copay for those services. Telemedicine does not take the place of your primary care physician. It's a practical alternative when you can't see him or her immediately. Using your phone or computer, you can call or videoconference with a board certified physician 24 hours-a-day, seven days-a-week, 365 days-a-year. You can see a doctor within a few minutes or schedule an appointment.

Telemedicine is an Affordable Avenue to Receive Care.

Your co-pay likely will be much less than you would pay for an office visit and a lot less than for an urgent care visit or trip to the emergency room. There will be a \$10 Co-Pay for the visit.

Registering is Easy—Do it Today!

Register yourself and your family members soon. It will make it easier for you to use telemedicine when you or a family member needs it for a minor illness like a headache, nausea, earache, allergies, cold or flu. Plus, MDLIVE Board-certified doctors can write prescriptions, if warranted, and electronically transmit them to your pharmacy. It only takes a few minutes to register:

Visit [Excellusbcbs.com/telemedicine](https://www.excellusbcbs.com/telemedicine)

OR

Call 1-866-692-5045

Setting up a Telemedicine Visit is Quick and Convenient.

The hyperlinks above will take you to the telemedicine home page of Excellus BCBS where you use your Member username and password to sign on. Click on the telemedicine link which will bring you to the telemedicine home page—powered by MDLIVE. From the Telemedicine home page, click the Setup a Telemedicine Visit button. (Turn off your pop-up blocker Beforehand). Then enter the required fields for registration.