

# ... Virtual Health ...

## MEDICAL

Wouldn't it be great if you had your own **personal doctor** who would be on **call 24/7**?

Avoid the cost and inconvenience of going to the ER for non-emergency medical conditions. Virtual Health gives you online and mobile access to board-certified physicians from wherever you are, providing you with the answers, prescriptions, and referrals you need to get better.

**Use it for medical nonemergencies like:**



**A sinus infection**



**Stomach problems**



**Your child's fever**  
(pediatricians are available)



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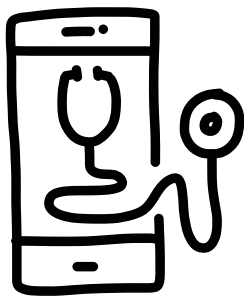
# Register today, so when you need care, help is always available.

State-licensed, board-certified physicians are always ready and waiting **around the clock**.

Go to [myvirtualhealth.com](https://myvirtualhealth.com) and follow the simple steps to sign up or log in.

For true emergencies (like broken bones, excessive bleeding, dangerously high fever, symptoms of heart attack or stroke, etc.) the ER is where you should be.

But for nonemergencies, you can use virtual health to get the care you need without leaving home.



## Use virtual health for:

- Allergies
- Common cold
- Constipation
- Cough
- Diarrhea
- Ear problems
- Fever
- Flu
- Headache
- Insect bites
- Nausea
- Pink eye
- Rash
- Respiratory problems
- Sore throat
- Urinary problems
- Vomiting
- More



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MDLIVE is a separate company that provides telehealth services for members of Arkansas Blue Cross and Blue Shield.

Virtual Health currently is available to all fully insured health plans but not available to all health plans. Members with an active medical plan whose coverage includes Virtual Health should be able to successfully register via the link within Blueprint Portal. Your benefit summary will indicate if Virtual Health is available to you. Notably, it is not available to members who have limited duration plans, Medicare Prescription Drug and Medicare Supplement plans, or plans covering employees of FEP, Arkansas State and Public Schools, or Baptist Health.