



MENTAL HEALTH
VIRTUAL VISITS:
FOR YOUR MENTAL HEALTH SUPPORT

Make an appointment and connect with a licensed mental health professional face-to-face from your smartphone in the comfort of your home with a virtual visit.



Why mental health virtual visits?

- Access to licensed mental health professionals 7 days a week - availability via secure video or mobile app from almost anywhere
- Average appointment wait time 7 days or less

MDLIVE® licensed mental health professionals can help with a variety of mental health conditions including:

- Anxiety
- Depression
- Relationship Issues
- Trauma and Loss
- Insomnia
- Addiction
- Stress
- Anger Management

Psychiatrists may also prescribe medications, which would be processed through your RX Plan administrator.

What it costs:

The following benefits apply for in-network mental health virtual visits:

- HealthSelectSM of Texas and HealthSelect Out-of-State: \$25 copay
- HealthSelect Secondary: 70% coinsurance, after the annual deductible is met
- Consumer Directed HealthSelectSM: 80% coinsurance, after the annual deductible is met

Save time and activate your MDLIVE account now!

- Call MDLIVE at **(800) 770-4622**
- Visit **MDLIVE.com/healthselect**
- Download the MDLIVE app from the Apple StoreSM or Google PlayTM Store



MDLIVE is a separate company that operates and administers the virtual visits program for Blue Cross and Blue Shield of Texas. MDLIVE is solely responsible for its operations and for those of its contracted providers. MDLIVE® and the MDLIVE logo are registered trademarks of MDLIVE, Inc., and may not be used without written permission.

747902.0618