



GET CONVENIENT, QUALITY CARE, ANYWHERE

Illnesses and injuries happen when you least expect them. Whether it's after doctor's office hours, on the weekend or on the road, you want access to quality care.

With your HealthSelectSM medical plan, all you need is a smartphone to access medical and mental health care through Doctor On Demand[®] and MDLIVE[®]. Virtual Visits give you 24/7 non-emergency care from a board-certified doctor by phone, online video or mobile app from almost anywhere.

Get started

Visit the [Virtual Visits](#) webpage to learn how to register through Doctor On Demand and MDLIVE.

In addition to medical and mental health Virtual Visits, you may have access to telemedicine through your primary care provider (PCP). Call your PCP to ask if they offer virtual care. For telemedicine visits with your PCP, you pay the same for in-network medical and mental health telemedicine visits as you would for in-person office visits.

Questions?

If you have questions about Virtual Visits or telemedicine, call a Blue Cross and Blue Shield of Texas Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**, Monday–Friday, 7 a.m.–7 p.m. and Saturday, 7 a.m.–3 p.m. CT.

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1001 E. Lookout Drive, Richardson, TX 75082

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