Virtual Medicine

When you're feeling under the weather, there's no place like home, and if you're busy with work and family, scheduling an in-person doctor's appointment can be a hassle. Virtual medicine is a convenient and easy way to connect with a doctor on your time.

HarmonyCares provides a virtual medicine benefit through Teledoc Health for you and your dependents. Teledoc Health offers on-demand access to board-certified doctors through online video, telephone, or secure email. General health issues can be addressed in a setting that is most convenient for you.

Teledoc Health doctors can share information with your primary care physician with your consent. Please note that some states do not allow physicians to prescribe medications via telemedicine. For more information, visit bcbsm.com/virtual care.

Teledoc Health doctors can treat many medical conditions, such as:

» Cold and flu
» Allergies
» Bronchitis
» Bladder infection/ urinary tract infection
» Respiratory infection
» Pink eye
» Sore throat
» Stomachache
» Sinus problems

Access Virtual Visits

Visit bcbsm.com/virtual care to request a virtual visit. After you register and request an appointment, you'll pay your portion of the service costs and enter a virtual waiting room. During your visit, you can talk to a doctor about your health concerns, symptoms, and treatment options.

Hinge Health

Join Hinge Health for exercise therapy without leaving home. No copays. No office visits. Reduce your back and joint pain in just 15 minutes a day. Best of all, HDHP members have access to this service at no additional cost to you.

Join Hinge Health to:

>> Overcome pain or limited movement

>> Recover from a recent or past injury

>>Keep your joints healthy and pain free To join the waitlist, visit hingehealth.com.

Maven - Family & Women's Health Support

Maven offers free 24!7 virtual access to top rated providers via video appointments, messaging, classes, and education. You'll receive a Personal Care Advocate who will serve as a trusted guide through every step of your journey. Once your baby arrives, you'll have access to infant sleep support, mental health coaching, and lactation consulting. Schedule video chats with pediatricians, receive childcare referrals and parent coaching. Sign up at mavenclinic.com/join/get support or download the Maven Clinic app today.