



# Virtual Visits for Convenient, Confidential Care

Your Blue Cross and Blue Shield of Texas (BCBSTX) benefit includes behavioral health care visits with MDLIVE® board-certified doctors and licensed therapists.

Virtual Visits connect you with an independently contracted, board-certified doctor or therapist by secure online video. There's no travel and no waiting room—just a convenient, affordable and confidential consultation in the comfort of your own home, office or on-the-go.

## Virtual Visits can help you with:

- Depression
- Eating disorders
- Grief and loss
- Men's issues
- Panic disorders
- Parenting issues
- Relationship and marriage issues
- Stress
- Substance use disorders
- Trauma and PTSD
- Women's issues
- And more!

Download the MDLIVE app to get appointment reminders, secure messaging and important notifications.

Visit **MDLIVE.com/bcbstx** or call **(888) 680-8646** now to activate your MDLIVE account and schedule a consultation. There is no cost for visits for employees who participate in the ECISD Medical Option I or Option III.

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