

THE BEST HELP STAYS WITH YOU

Everyone needs a little support now and then. Through our partnership with MDLIVE, you can schedule a video conference with a psychiatrist or therapist 24/7 via phone, tablet, or computer – wherever and whenever you need to.

Whether it's managing daily stress or coping with a major life event, we're here to help. Our highly trained psychiatrists, psychologists, and social workers can help you through a wide range of conditions, including:

- Addiction
- Eating Disorders
- Life Changes
- Relationship Issues
- Bipolar Disorders
- Grief and Loss
- Panic Disorders
- Stress
- Depression
- LGBTQ Support
- Postpartum Depression
- Trauma and PTSD



If you think you need help now or may need help tomorrow, activate telemedicine today.

It's fast and easy. And once you set up your account, you'll also have access to a doctor 24/7/365, so you can receive care for any minor, non-life-threatening illnesses or conditions wherever and whenever you need to.

Don't wait until you need it. Here are some easy ways activate telemedicine today.

WEB: Register/Log in at [ExcellusBCBS.com/Member](https://www.ExcellusBCBS.com/Member)

APP: Download the MDLIVE app

TEXT: Text EXCELLUS to 635483

VOICE: Call 1-866-692-5045



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Rochester, NY 14647

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。请参见随附的文件以获取我们的联系方式