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.

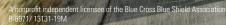
Whether it's managing daily stress or coping with a major life event, we're here to help. Our highly trained psychiatrists, psychologists, and social workers can help you through a wide range of conditions, including:

- Addiction
- Bipolar Disorders
- Depression

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

Excellus 💆

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 APP: Download the MDLIVE app TEXT: Text EXCELLUS to 635483 VOICE: Call 1-866-692-5045

