



Next time you may want to consider:

Telemedicine Programs

- Telemedicine programs are convenient ways to be treated for certain medical issues while at home or work
- Instead of visiting the emergency room or an urgent care for non-life threatening conditions, consider using a telemedicine doctor.
- All doctors are part of the Blue Shield of CA PPO network.
- The Plan covers 100% of the network rate, subject to your annual \$250 deductible.
- Doctors are able to diagnose cold and flu symptoms, allergies, skin rashes, minor infections and illnesses using this service. They can also send a prescription to your pharmacy when medically necessary.



WHAT IS DOCTOR ON DEMAND?

- Go to doctorondemand.com or call Doctor on Demand at (800) 997-6196 to book an appointment.
- Doctor on Demand currently has no membership fee.

Note:

Telemedicine is not appropriate for serious conditions that require immediate attention or emergency care. If you experience life-threatening issues, call 911 or go to an emergency room immediately.

WHAT IS PLUSHCARE?

- Schedule a telephone visit by calling PlushCare at (888) 370-4689 or visit their booking page at www.plushcare.com/profile/book.
- PlushCare requires that members sign up for a trial membership to use their service online.
- This membership is free for the first 30 days but costs about \$15 per month after that. You may cancel at any time and then sign up for a new trial membership the next time you need to use PlushCare.