

# 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



Excellus



## 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 to 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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。请参见随附的文件以获取我们的联系方式