

# Blue Connect and Teladoc

## BlueConnect™

### Register today. It's this easy:

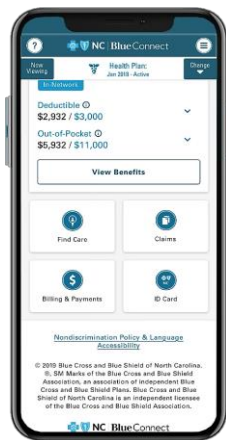
- Go to [BlueConnectNC.com](http://BlueConnectNC.com) and select “**Register Now**”
- Have your BCBSNC ID card handy to register.
- If you don't have your BCBSNC ID card, you can still register by having a code sent to your phone.
- Create a user ID and password.
- Choose security questions.
- Enter email address and click “OK”.

### Once registered, you'll be able to:

- Select your PCP
- See your deductible, claims and benefits
- Get health tips, articles and videos on everything from weight loss to prescription costs
- Access digital ID cards
- Get policy information
- Pay your bill
- You can even link additional BCBSNC policies to your Blue Connect account.

### BlueConnect App - Access your health plan anytime and just about anywhere you go

- **Search** Blue Connect Mobile NC in the app store
- **Benefits** – see your deductible, amount applied to your deductible & out-of-pocket limit; click the Benefits arrow to move to your Benefits Information page where you'll find detailed information about your benefits, your Explanation of Benefits (EOB), prior review info, and a Summary of Benefits and Coverage.
- **Claims** – shows summary information for your most recent claims. Go to the Claims Information page by clicking the Claims arrow to see which of your claims have been processed.



BCBSNC is expanding their telehealth services through Teladoc Health with Primary360. With Primary360, members can connect regularly, by phone or video, with a U.S. board certified doctor and a dedicated Care Team of nurses and medical assistants. Together, they will create a personalized care plan to help you meet your long-term health goals, coordinate care across a range of services and provide ongoing support.

Members enrolled in the Core, Buy-up, or HSA plan have access to Primary360, which includes the below services:

- **Virtual Primary Care\*** – annual checkups, overall health management and care plans provided by a U.S. board certified doctor and dedicated Care Team.
- **Acute Care** – treatment available 24/7 for non-emergency and common conditions through same-day appointments.
- **Mental Health Counseling** – phone or video visits with licensed therapists or psychiatrists
- **Dermatology** – online review, diagnosis and treatment plan provided by a dermatologist with 24 hours
- **Nutrition Counseling** – personalized support and tips for healthy eating and overall well-being offered by registered dietitians.

\*If you are enrolled in the Limited plan, Primary360 is not available, but you still have access to acute care and mental health counseling visits through Teladoc.

## Pay \$0!

Members on the Core, Buy-up, and Limited PPO plans will have a \$0 copay for virtual visits. Members on the HSA plan will pay 0% coinsurance after the deductible is met.

### 3 ways to sign up today So it's ready when you need it!

- **Download the Teladoc mobile app** (iOS- / Android™-supported)
- **Go to [TeladocHealth.com](http://TeladocHealth.com)** and click “**Sign in/Register**”
- **Call 1-855-549-2214**