What is telemedicine?
This is a benefit feature added to your Excellus BCBS medical plan. It provides 24/7/365 on-demand access to U.S. board certified doctors and pediatricians—anytime, anywhere within the USA. This year behavioral health coverage is an added benefit feature.

Common conditions treated

<table>
<thead>
<tr>
<th>General Health</th>
<th>Pediatric Care</th>
<th>Behavioral Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td>Cold &amp; Flu</td>
<td>Depression</td>
</tr>
<tr>
<td>Asthma</td>
<td>Ear Aches</td>
<td>Anxiety</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>Constipation</td>
<td>Substance Use</td>
</tr>
<tr>
<td>Joint Ache</td>
<td>Nausea</td>
<td>Stress</td>
</tr>
<tr>
<td>Respiratory Infections</td>
<td>Pink Eye</td>
<td>Grief</td>
</tr>
<tr>
<td>Sinus Infections...and more!</td>
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<td></td>
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</tbody>
</table>

You can register online at: ExcellusBCBS.com/Telemedicine or by calling 1-866-692-5045.

You will be asked for:
- Your name
- Date of birth
- Address
- Phone number(s)
- Excellus BCBS membership ID Number
- A unique username and password
- The answer to a security question of your choice

You also can register other members of your family covered under your Excellus BCBS plan.

Once you register, enter for a chance to win a:
1) Wegmans Gift Card (2-$100 Gift card and 10-$10 card)
2) Massage Envy Gift Card (6-$50 Gift Card)
3) Panera Bakery Gift Card (10-$10 Gift Card)

To enter the drawing you must:
1) Register with Telemedicine and

Already registered with Telemedicine? You can still enter the drawing by completing the survey.