

# Quality care **when** you need it, **where** you need it



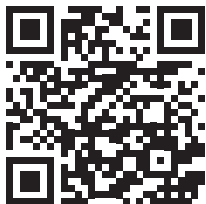
What do sinus infections, earaches and twisted ankles have in common? They generally don't conveniently happen during regular office hours.

Or if they do, you probably don't want to sit in a busy waiting room full of sneezes, coughs and germs.

With your Blue Cross and Blue Shield of Nebraska health care coverage, you can access telehealth services anytime, day or night. A simple video chat or phone call connects you to our innovative telehealth service, where board-certified physicians are ready to assist with unexpected health issues or guide you on treating sudden injuries.

Consider using your telehealth benefit for situations like:

- A toddler who comes home from daycare with a rash and a sudden fever
- Your teenaged track runner is worried they've pulled a hamstring
- You've been fighting off a cold, but you're concerned it's becoming something more serious
- You are not feeling like yourself – maybe anxious or depressed



Connecting to a telehealth doctor is easy! You can scan the code or visit [myNebraskaBlue.com](https://myNebraskaBlue.com) to log into your online account, or call the telehealth number on the back of your new member ID card.



24/7 care delivered on  
**your** schedule



Average wait time is  
under 15 minutes



Around-the-clock access to  
board-certified physicians