

# GET ONGOING SUPPORT

with mental health services from Teladoc Health®

## What is Telehealth?

We've partnered with Teladoc Health to make it even easier to get the care you need. Telehealth lets you talk with board-certified doctors by phone or video anytime, anywhere.

## Mental health

Telehealth connects you with a licensed mental health specialist whenever and wherever you're most comfortable. Appointments are available seven days a week, from 7 a.m. to 9 p.m. local time, and must be scheduled at least 72 hours in advance. You can get ongoing support for:



Stress and anxiety



Depression



Substance use  
disorder



Grief and family  
difficulties



## How to schedule a visit

You're eligible for telehealth services if you're a current Blue Cross and Blue Shield Service Benefit Plan member, 18 or older. Teens ages 13 to 17 can also participate if their parent signs a consent form.

- 1 Register or sign in to your Teladoc Health account at [feblue.org/telehealth](https://feblue.org/telehealth) or use the **Teladoc Health app**
- 2 Request a visit
- 3 Answer a few questions
- 4 Select a doctor
- 5 Request a time for your appointment

## What you pay

Starting in 2025, we will cover all of your telehealth visits from Teladoc Health at no out-of-pocket cost to you.



*Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan.*

*This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard™ and FEP Blue Basic™: RI 71-005; FEP Blue Focus®: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures.*

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