

# Quick Tips

The BlueCare Anywhere telehealth app puts you face to face with a board-certified doctor any time, night or day. These tips can help you start a visit in minutes using your computer, tablet, or smartphone.

## 1 Sign up to get started. It's easy!

(It's a good idea to do this *before* you need to see a doctor.)

- Download the BlueCare Anywhere mobile app or visit [BlueCareAnywhereAZ.com](http://BlueCareAnywhereAZ.com).
- Fill in your contact information.
- Set up your username and password.
- Add your insurance, doctor, health, and payment information.
- Test your connection to make sure it works.
- You're ready to use BlueCare Anywhere!



## 2 Know when to use it

Visit with a doctor, counselor, or psychiatrist for help with:

- Cold, flu, fever
- Cough, bronchitis
- Diarrhea, vomiting
- Headache
- Pink eye
- Rashes
- Insomnia
- Anxiety
- Depression, and more



*This is not a complete list. BlueCare Anywhere should not be used for burns, wounds, broken bones, or life-threatening conditions. In an identified or probable emergency, the virtual visit provider will direct you to seek emergency care. For more information, visit [BlueCareAnywhereAZ.com](http://BlueCareAnywhereAZ.com).*

## 3 See a doctor or make an appointment



- Open the app or go to [BlueCareAnywhereAZ.com](http://BlueCareAnywhereAZ.com) and sign in.
- Follow the steps to choose a doctor or make an appointment. Some doctors are available right away. Others might have a short wait time.
- You can see the fees and add or change your payment information.

*If you are traveling out of state, you'll need to change your profile setting to show the state you're visiting. That way, you can choose a doctor who is licensed to practice in that state.*

## 4 Get treated



You will see when the doctor dials into the video chat session.



You will talk with the doctor about your health concern just like during a regular office visit.



You can use the camera on your computer or mobile device to provide close-up views.



The doctor will give you treatment options and may send a prescription to the pharmacy you've selected, if needed.



Need a "sick slip" or other document to go back to work or school? The doctor can provide one as appropriate.

## After your visit

You'll receive a report that you can share with your PCP or other healthcare provider. A satisfaction survey will be sent to your email. Your answers will help us make the BlueCare Anywhere app the very best it can be.



**CARE IS AVAILABLE NOW.**  
DOWNLOAD THE APP TODAY  
OR VISIT [BlueCareAnywhereAZ.com](http://BlueCareAnywhereAZ.com).

