



HEALTH RESOURCES CURRENTLY AVAILABLE TO OUR EMPLOYEES



MDLIVE

Virtual visits allow you to consult a doctor for non-emergency situations by phone, mobile app or online video anytime, anywhere. Speak to a doctor or schedule an appointment at a time that works best for you.

Activate your account at mdlive.com/bcbsil; Complete your profile; Choose a provider: Select phone or video consult. You can also text **"BCBSIL" to 635-483**. MDLIVE's online assistant will help you activate your account.

Your MDLIVE copay is covered by Rescar through June 30, 2020.

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24/7 Nurseline

The 24/7 Nurseline is available 24 hours a day, 7 days a week. The 24/7 Nurseline is staffed with registered nurses who may answer your general health questions about things like minor cuts or burns, a sick child, headaches, fever, asthma, back pain and other chronic conditions. Based on your need, they may suggest that you call a doctor or seek emergency services.

Call the 24/7 Nurseline at **800-765-7298** (toll-free).

Aflac  Telemedicine from MeMD

You can quickly connect with board-certified, U.S. licensed health providers online for 24/7/365 access to medical care — fast:

Now, if you have Aflac Group Critical Illness, Group Accident or Group Hospital Indemnity plans, you also have access to connect with health providers via phone, app or online with MeMD. Create your account at www.MeMD.me/Aflac \$25.00 per visit.
Questions? **Call 855-423-8585**



EmployeeConnect Service (EAP)

GuidanceResources Online is an award-winning, comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.

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Log onto: www.GuidanceResources.com , or speak with a specialist at **888-628-4824**.