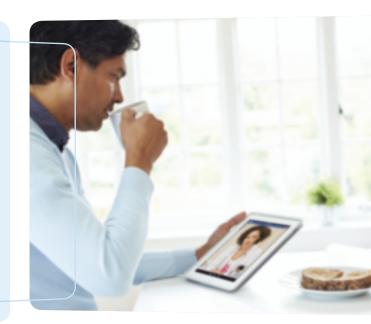
## No waiting room, no need to leave home.

Using LiveHealth Online, you can have a private visit using your smartphone, tablet or computer.



When you're not feeling well you can get the support you need easily using LiveHealth Online. Whether you have a cold or need help managing your medication, doctors are right there, ready to help you feel your best. Using LiveHealth Online you can have a video visit with a board-certified doctor from your smartphone, tablet or computer from home or anywhere.

## On LiveHealth Online, you can:

• See a board-certified doctor 24/7. You don't need an appointment to see a doctor. They're always available

to assess your condition and send a prescription to the pharmacy you choose, if needed.<sup>1</sup> It's a great option when you have pink eye, a cold, the flu, a fever, allergies, a sinus infection or another common health issue.

## You've got access to affordable and convenient care

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just

pay your share of the costs. The cost of a LiveHealth Online medical doctor's visit is \$59 or less depending on your health plan. ALADS plan member HMO is \$0 copay and ALADS PPO is 10% coinsurance after deductible.

## Sign up for LiveHealth Online today – it's quick and easy

Go to **livehealthonline.com** or download the app and register on your phone or tablet.



Google pla

See a Spanish–speaking doctor with Cuidado Médico on LiveHealth Online





1 Prescription availability is defined by physician judgment and state regulations. Visit the home page of livehealthonline.com to view the service map by state. 2 Appointments subject to availability of a therapist. 3 Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Appointments subject to availability.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

If you're a retiree or have coverage that complements your Medicare benefits, your employer sponsored health plan may not include coverage for online visits using LiveHealth Online. Check your plan documents for details. You can still use LiveHealth Online, but you may have to pay the full cost of a visit. Online visits using LiveHealth Online may not be a covered benefit for HRA and HIA+ members.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to name and origination of the second of the se Bue Shield of Wisconsin (RCB molecules of Farlias), the sime particular based of State Room and uncer writes or particular based of State Room and uncer writes of Parlias). The sime of State Room and uncer writes of Parlias, the State of State Room and uncer writes of Parlias), the sime of State Room and uncer writes of Parlias of Farlias, the State of State Room and Uncervine State State Room and Room and