



Twice the options for virtual care

These virtual care resources can help you get care wherever you are—and save you time and money.

Telehealth virtual visits are a convenient, affordable alternative for routine care and a modern solution for health care needs. You can chat with a doctor or therapist by phone or video.

Telehealth by MDLIVE®

When you need a quick consult for non-emergency care, MDLIVE appointments are less expensive than an office visit, and you don't even have to leave your home or office.

If you or a covered family member needs support from a counselor or psychiatrist, therapy is available through MDLIVE.

Register now, so you're ready when you need care. To get started, go to your CIS Health Manager on [regence.com](https://www.regence.com) and look for MDLIVE.

Telehealth with local providers

Many of our in-network providers offer telehealth care to their patients, providing diagnoses and treatment instructions over phone or video chat.

We're partnering with providers to expand your access to virtual visits with doctors you would normally see in person. The cost for a telehealth visit may be lower than an office visit, and telehealth can even save you time. Reach out to your doctor or clinic to find out what virtual options they offer.



Additional resources, and single sign-on with CIS partners, can be found on the CIS Health Manager at www.regence.com.



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REG-453793-21/07-OR
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MDLIVE is a separate and independent company that provides telehealth services for Regence BlueCross BlueShield of Oregon members.