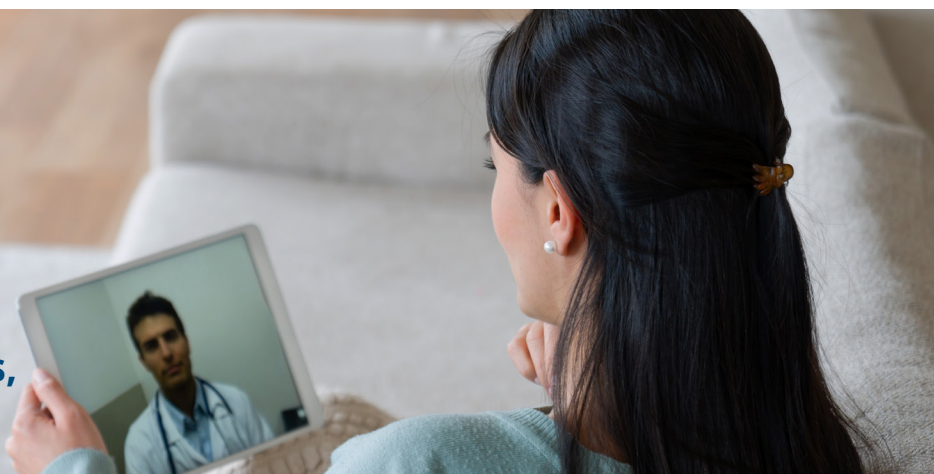


A New Type of Health Plan

**Your health benefits give you
access to myVirtualCare Access,
care by Teladoc Health.**



With myVirtualCare, your first visit with a primary care doctor can be conducted by phone or video consultation, rather than in-person. This includes your regular doctor visits, wellness and prevention, non-emergency urgent care*, screening, specialty care, mental health care and more.

How You Get Care and Connect with Your Doctor

With myVirtualCare, you choose your Teladoc Health primary care doctor and connect with them via phone or video. Your primary care doctor will coordinate all in-person care and make any referrals you may need.

Services and Support Included in the Plan

Beyond virtual primary care, myVirtualCare includes these services at no out-of-pocket cost to you:

- Mental Health Care
- Mental Health Support
- 24/7 Non-Emergency Care
- Expert Medical Opinion
- Chronic Condition Support
- Dermatology
- Nutrition
- Back and Joint Care

Ready to get started?

Access your benefits and find a doctor by downloading the myVirtualCareAccess mobile app or by visiting myVirtualCareAccess.com.

*Your primary care doctor will be available during normal office hours. For non-emergency care outside of office hours, you can get care from the first doctor available. For emergencies, always call 911. Luminare Health is not a provider of healthcare services and, therefore, cannot guarantee any results or outcomes. Participating physicians, hospitals, and other healthcare providers are independent contractors and are neither agents nor employees of Luminare. Luminare is not affiliated with Teladoc Health.

If you have questions, please call the number located on your medical ID card.

BCBSMT makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Luminare Health, a separate company, administers some products and services for Blue Cross and Blue Shield of Montana under the Alternative Delivery Model.

Teladoc is an independent company that has contracted with Blue Cross and Blue Shield of Montana to provide virtual medical care for members with coverage through BCBSMT.

Blue Cross and Blue Shield of Montana, a Division of Health Care Service Corporation,
a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

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