



## Primary care telehealth

Doctor On Demand™ provides convenient care 24/7/365

[Visit a doctor or therapist via video chat](#)

We all have times when we need to see a doctor, but it's inconvenient—there's no time, the office is closed, or we're on the road. You know that feeling: "I wish I could get care without leaving the house!" Now you can.

Your health plan includes telehealth powered by Doctor On Demand, a national leader in quality care. You can talk to any of Doctor On Demand's board-certified physicians any time by video chat using your computer or the app—24 hours a day, 7 days a week, 365 days a year.

# Primary care telehealth

## Care you can count on

You'll connect with board-certified doctors and therapists who can diagnose and treat non-emergency medical conditions, prescribe medications, and send prescriptions to your pharmacy. With specialties including primary care, pediatrics, and family medicine, Doctor On Demand makes it easy to get quality care for every member of your family.

## Common ailments treated via telehealth include:

Addictions	Infections	Sore throat
Allergies	Nausea	Sunburn
Cold & flu	Pink eye	Trauma & loss
Constipation	Rashes	Workplace stress
Depression	Relationship issues	And more
Ear infections	Sinus infection	
Headache	Social anxiety	

## What you need to know

Doctor On Demand is simple to use. Here are some basic things to know:

- Doctor On Demand is a great option when your child isn't feeling well outside business hours, but dependents will need a parent present during the visit.
- The average wait time to connect with a physician is less than three minutes.
- You can use Doctor On Demand as often as you need to.
- We process each visit as a claim, and your costs count toward your deductible.
- Check your specific benefits for cost information. You won't pay more than \$49 for a medical visit.
- This is more than a nurse advice line. With Doctor On Demand, a doctor can diagnose, treat and prescribe medications.
- You will work with a Doctor On Demand physician, not your regular doctor.
- With your permission, the Doctor On Demand physician will share your treatment information with your regular doctor.

Visit [doctorondemand.com/regence-wa](https://doctorondemand.com/regence-wa) to register today. You'll want to create your online account in advance so when you need care, you'll already be set up.



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1800 Ninth Avenue | Seattle, WA 98101

Doctor On Demand is a separate and independent company that does not provide Blue Shield products or services, and is solely responsible for its products or services.

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REG-199655-18-WA  
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