



ONLINE CARE

A DOCTOR WHO IS WITH YOU ALWAYS – EVERY DAY

All you need is a smartphone, tablet or computer to get quick, convenient care with Doctor On Demand[®]

Visit a doctor without leaving your home

With Doctor On Demand, video visits can be done in just minutes — with no travel time. It's quick, convenient and safe.

Board-certified doctors are available 24/7, 365 days a year to treat many common medical conditions. You can also schedule next-day appointments to see licensed psychologists and psychiatrists between the hours of 7 a.m. to 10 p.m. Central Time.

Get quick care

Doctor On Demand is just a phone call away to get the care you need for your physical and mental health.

- Colds and flu
- Sinus infections
- Nausea and vomiting
- Asthma and allergies
- Urinary tract infections
- Headaches and migraines
- Insomnia
- Stress and anxiety
- Depression and mood swings
- Trauma and loss

To learn more about Doctor On Demand, visit doctorondemand.com/bluecrossmn.

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.



or

No English?

Civil.Rights.Coord@bluecrossmn.com
1-888-740-6013, TTY: 711

Discrimination is against the law.

Blue Plus does not discriminate because of race, color, national origin, creed, religion, sexual orientation, public assistance status, marital status, age, disability or sex.

SecureBlueSM (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue depends on contract renewal.

SecureBlue Member Services: **1-888-740-6013 (TTY: 711)**, 8 a.m. to 8 p.m., seven days a week (except Thanksgiving and Christmas) from October 1 through March 31, and Monday to Friday (except holidays) from April 1 through September 30. The call is free.

Doctor On Demand® is an independent company providing telehealth services.