

See a doctor

anytime, anywhere within the U.S.



Telemedicine is a convenient and low-cost option when you can't get to your doctor.

With telemedicine from MDLIVE, you have 24/7 access to a licensed primary care doctor for non-emergency medical conditions, such as:

- Colds and flu
- Allergies
- Asthma
- Pink eye
- Ear infections
- Sinus problems
- Respiratory infections
- Joint aches and pains
- Vomiting and nausea
- And more

Telemedicine is a quick and easy option to talk to a doctor by video, phone, or mobile app — anytime, anywhere. Check your plan to see how telemedicine is covered.

Don't wait until you're sick! There are several ways to activate your account once you have your member ID card.



Text **IBX** to **635-483** to chat with Sophie, a virtual assistant who will help you sign up



Download the MDLIVE app on your smartphone



Visit **mdlive.com/ibx**



Call **1-877-764-6605**

Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.