



## PhysicianNow<sup>SM</sup> connects you with doctors 24 hours a day, seven days a week.

PhysicianNow is a convenient way to access a doctor from your home, office or while traveling. **All you need is a telephone, smartphone, tablet or computer.\***

PhysicianNow is a great option when it's not an emergency, when it's not convenient or you're too busy to go to your doctor's office.

### Use PhysicianNow for:

- Allergies
- Cold and flu
- Fever
- Sinus infections
- Respiratory issues
- Skin conditions (rashes or insect bites)
- Sore throat
- Urinary tract infections

### Common Pediatric Conditions Include:\*\*

- Cold and flu
- Constipation
- Ear aches
- Diarrhea
- Nausea and vomiting
- Pinkeye

Our doctors can diagnose your symptoms and if a prescription is needed, send it to your pharmacy.\*\*\*

### Register 1 of 3 ways



Visit [bcbst.com/blueaccess](https://bcbst.com/blueaccess) and select the My Health and Wellness tab. Click on the PhysicianNow tile.

OR



Call 1-888-283-6691.

OR



Download the PhysicianNow app at the App Store® or Google Play®.





\* Some state exclusions apply.

\*\* Children 36 months and under with a fever will be automatically referred to their regular primary care pediatrician.

\*\*\* Some state laws require that a doctor can only prescribe medication in certain situations and can be subject to certain limitations. BlueCross members should have their prescriptions filled at a network pharmacy in compliance with the BlueCross drug formulary.

## How do I sign up for PhysicianNow<sup>SM</sup> and activate my account?

There are three ways to sign up for PhysicianNow and activate your account. You can register through BlueAccess<sup>SM</sup>, over the phone or with the PhysicianNow mobile app.

After you sign up, be sure to enter the PhysicianNow phone number into your contacts so you have it when you need it.

### Sign up through BlueAccess

- Visit **bcbst.com** and log in to BlueAccess.
- Click on the My Health & Wellness tab.
- Select the PhysicianNow tile.
- Be sure to have your BlueCross Member ID card handy.

### Sign up by phone

- Call 1-888-283-6691.
- You'll need your BlueCross Member ID card.

### Sign up with the PhysicianNow mobile app

- Search for PhysicianNow (one word) on the App Store<sup>®</sup> or Google Play<sup>®</sup> and download the app.
- Set up a password so your account is ready when you need it.

You'll be asked to complete a short medical history for you and your dependents (spouses and dependents over age 18 will need to set up their own accounts). This way, your PhysicianNow doctor will be aware of any conditions you may have or past medical issues prior to your consultation.



1 Cameron Hill Circle | Chattanooga, TN 37402 | [bcbst.com](http://bcbst.com)

BlueCross does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation, or health status in the administration of the plan, including enrollment and benefit determinations.

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

For TDD/TTY help call 1-800-848-0299.

Spanish: Para obtener ayuda en español, llame al 1-800-565-9140

Tagalog: Kung kailangan ninyo ang tulong sa Tagalog tumawag sa 1-800-565-9140

Chinese: 如果需要中文的帮助, 请拨打这个号码 1-800-565-9140

Navajo: Dine'kehgo shika at'ohwol ninisingo, kwijijigo holne' 1-800-565-9140

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BlueHealth Solutions

PhysicianNow Employee Flyer

The PhysicianNow program operates subject to state regulation and may not be available in certain states. PhysicianNow phone consultations are available 24/7 while video consultations are available during the hours of 7 a.m. to 9 p.m. seven days a week or by scheduled availability. MDLive is an independent internet based service that allows consumers to select and interact with independent physicians and other health care providers. For complete terms of use, visit: [mdlive.com/pages/terms.html](http://mdlive.com/pages/terms.html). iPhone is a registered trademark of Apple, Inc. Android is a trademark of Google, Inc.