



Coronavirus (COVID-19): **Virtual screenings for a \$0 copay through May 31**

With the novel coronavirus (COVID-19) in the news, you might be wondering what to do if you start having symptoms. We're here to help.

You can access virtual screenings via Teladoc through May 31 – at no additional cost

If you have a fever, cough, or feel short of breath, you can get [screened by](#) a Teladoc doctor by phone or video without having to seek in-person care. This will help protect you and reduce the risk of spreading the virus. If your doctor recommends testing for COVID-19, they can tell you where to get tested. Set up your Teladoc account today.

[Register for Teladoc](#)

When to use: Non-emergency care

You can use Teladoc for all your non-emergency health questions – even if they aren't related to COVID-19. Teladoc is a convenient alternative if your primary care physician (PCP) isn't available. Talk to a board-certified doctor 24/7/365 over the phone or via video chat. Teladoc doctors can diagnose and treat many conditions and can even prescribe certain medications.

With Teladoc, you get:



24/7/365 virtual access by phone or video

After you register your account, you can talk with Teladoc doctors anytime, day or night.



Screening and doctor-recommended testing for COVID-19

Teladoc doctors can screen for COVID-19 and provide information on where to get tested, if needed. Doctors can also help with non-emergency conditions unrelated to COVID-19.



Access to mental health services

COVID-19 can affect more than just physical health. If you are feeling anxious, stressed, or depressed, Teladoc's mental health providers can help.



Virtual care at no additional cost

Blue Shield is offering temporary access to Teladoc through May 31 – with all copays waived. This helps keep our communities safe and removes barriers to care.

Call 911 if you [develop emergency warning signs](#)* for COVID-19, such as:

- ✓ **Difficulty breathing or shortness of breath**
- ✓ **Persistent pain or pressure in the chest**
- ✓ **New confusion or inability to arouse**
- ✓ **Bluish lips or face**

* This list is not all-inclusive. Please consult your medical provider for any other symptom that is severe or concerning.

No matter what your medical needs are, we want you to be prepared and know your care options. Learn more on our special [coronavirus website](#).

Follow Us:   

Blue Shield of California is an independent member of the Blue Shield Association.

This is a promotional email from Blue Shield of California, a nonprofit health plan and an independent member of the Blue Shield Association.

Don't miss out on future emails from us - [learn how](#) to add us to your address book.

If you'd like to be removed from all future email communications from Blue Shield of California, [unsubscribe here](#).

Blue Shield of California complies with applicable state laws and federal civil rights laws, and does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, marital status, gender, gender

identity, sexual orientation, age, or disability.

Blue Shield of California cumple con las leyes estatales y las leyes federales de derechos civiles vigentes, y no discrimina por motivos de raza, color, país de origen, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad ni discapacidad.

Blue Shield of California 遵循適用的州法律和聯邦公民權利法律 並且不以種族、膚色、原國籍、血統、宗教、性別、婚姻狀況、性別認同、性取向、年齡或殘障為由而進行歧視。

Nondiscrimination Notice

Language Assistance Notice

Blue Shield of California | 601 12th Street | Oakland, CA 94607