An Innovative Way to Access Health Care 24/7/365!

Blue Cross and Blue Shield of Nebraska (BCBSNE) believes in the importance of providing options to help you access affordable and immediate health care. That is why we are delighted to offer telehealth to our members.

Telehealth Services
How does it work?

Telehealth is an innovative patient consultation service that lets you connect with a U.S. board-certified, licensed and credentialed doctor quickly and easily using your computer, tablet or phone. It’s easy to use, affordable, private and secure.

Rather than having to schedule a doctor’s appointment and travel to and from the doctor’s office, telehealth lets you interact with a doctor at your convenience for common conditions, such as:

- Sinus infection
- Cold
- Flu
- Fever
- Rash
- Abdominal pain
- Pinkeye
- Ear infection
- Migraine
- Sore throat
Behavioral Health Services
Also Available

With telehealth behavioral health services, Amwell’s licensed therapists can provide treatment for the following conditions:

- Anxiety
- Depression
- Attention deficit hyperactivity disorder (ADHD)
- Obsessive-compulsive disorder (OCD)
- Trauma/Post-traumatic stress disorder (PTSD)
- Bereavement
- Panic attacks
- Stress
- And more

Therapists are available by appointment from 7 a.m. to 11 p.m. local time, seven days per week.

Register Now

There are three easy ways to register:

1. Download the Amwell app on your mobile device from the Apple App Store or Google Play
2. Visit nebraskablue.com/telehealth
3. Call toll-free 844-SEE-DOCS (844-733-3627)

When prompted, enter Service Key BCBSNE to get the Blue Cross and Blue Shield of Nebraska member rate.

Board-Certified Doctors
Who provides telehealth services?

Blue Cross and Blue Shield of Nebraska provides telehealth services through American Well®, also known as Amwell, the industry’s leader in telehealth solutions. With Amwell, you can register for free, and the cost per visit is less than the cost of an in-person doctor office visit.

Amwell offers:
- A choice of trusted, U.S. board-certified doctors
- Access to a licensed physician via computer, tablet or phone
- Consultation and diagnosis for common conditions, including e-prescriptions to your pharmacy of choice (when appropriate and where allowed*)

Convenient and Easy
You never know when you may need a doctor.

Telehealth can be used any time, day or night. It’s perfect when your doctor’s office is closed, you’re too sick or busy to see someone in person, or even when you’re traveling.

*Telehealth is available in most states, but some states do not allow telehealth consults or telehealth prescriptions. For more information, visit: info.americanwell.com/where-can-i-see-a-doctor-online

Psychiatry services are not available in all states. American Well is an independent company that provides telehealth services for Blue Cross and Blue Shield of Nebraska.
Quick Start Guide: Mobile Registration

1. Search the App Store or Google Play for "Amwell.”
   Download the Amwell app.

2. Click “Sign Up for Amwell” at the bottom of the screen.
   Fill out your personal information, your email, create a password, and enter BCBSNE for your Service Key under “optional information” to get the Blue Cross and Blue Shield of Nebraska member rate.

3. Select Blue Cross Blue Shield of Nebraska from the insurance drop down and enter your member ID number shown on the front of your Blue Cross and Blue Shield of Nebraska member ID card.

4. When you are ready to have a visit, choose a provider and enter the necessary information (symptoms, pharmacy of choice, optional medical history, current medications and vitals). Next, enter your insurance information and payment information.

5. Begin your visit!
Quick Start Guide: Web Registration

1. To sign up for Amwell, visit: www.nebraskablue.com/telehealth

2. Fill out your name, email, create a password and click the green “Sign Up” button.

3. Fill out your location, birthday and gender. Then, click “Continue.”

4. Select that you have health insurance. Pick Blue Cross Blue Shield of Nebraska from the insurance drop down and enter your member ID number from your Blue Cross and Blue Shield of Nebraska member ID card. Then, enter BCBSNE in the Service Key field to get the Blue Cross and Blue Shield of Nebraska member rate. Click “Finish.”

5. When you are ready to have a visit, choose a provider and enter the necessary information (symptoms, pharmacy of choice, optional medical history, current medications and vitals). Next, enter your insurance information and payment information.

6. You will connect with enhanced video and see the provider in high definition.