

Healthcare on the go

If you need care but it's not an emergency, virtual care could be just what the doctor ordered.



BSW Employee Plan members on the Live well Premium and Livewell HDHP plans (for out-of-state employees) can get care from the comfort of home or anywhere in the US through Teladoc. If it is an emergency, call 911 or go to the nearest emergency room.

Feeling crummy?

With a same-day virtual visit you can talk to a licensed provider by phone or video for common conditions like sinus problems, allergies, flu symptoms and much more.

Overwhelmed? Anxious? Depressed?

Private therapy is available. You can choose a therapist or psychiatrist who fits your needs. You can also select a time that works best for you. Therapists and psychiatrists are available seven days a week from 7:00 AM to 9:00 PM.*

Need a prescription?

If your treatment plan requires a prescription, your Teladoc provider will send it to your preferred pharmacy.

To register, call 1.800.TELADOC (1.800.835.2362).

Be sure to have your member ID card handy when you call.

After registration, you can access care:

- By phone: 1.800.835.2362
- Online: TeladocHealth.com
- In the Teladoc app

**Mental health care is available for members ages 13-plus.*