



Make your mental health a priority. It's easy, using BlueCare Anywhere.™

BlueCare Anywhere makes it easy to see a licensed therapist or board-certified psychiatrist on your phone, tablet, or computer. Schedule a visit when it's convenient for you—appointments are available seven days a week, day or night. The best part is online therapy visits are a covered benefit under your Blue Cross® Blue Shield® of Arizona health plan and typically cost the same or less than an in-person office visit.

Our therapist can provide support when you're coping with:

- Stress
- Life transitions
- Anxiety
- Relationship troubles
- Depression
- Grief
- Illness
- Panic attacks
- And more

Get a quote and ask about BlueCare Anywhere today!
Visit azblue.com/employers.



An Independent Licensee of the Blue Cross Blue Shield Association

Appointments are subject to availability. Online counseling isn't appropriate for all kinds of problems. If you're in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. BlueCare Anywhere doesn't offer emergency services.

Prices may vary by service and BCBSAZ health plan. Check your Summary of Benefits and Coverage for more information. Blue Cross, Blue Shield, and the Cross and Shield Symbols are registered service marks of the Blue Cross Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. BlueCare Anywhere is a service mark of Blue Cross Blue Shield of Arizona, Inc. Other logos are the property of their respective owners.

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