

Online care for body and mind

Visit a doctor or therapist on your smartphone or computer

You and your covered family members can see and talk to:

- A doctor for minor illness such as a cold, flu or sore throat when your primary care doctor is not available.
- A behavioral health clinician or psychiatrist to work through different challenges such as anxiety, depression and grief.

Download the Blue Cross Online Visits mobile app or access on the web at bcbsmonlinevisits.com.

Call 844.606.1608 if you have questions or need technical assistance.

Call MESSA's Member Service Center at 800.336.0013 if you have questions about your coverage or copayments for online visits.

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