



Discover the Advantages of Telehealth

Telehealth is a fast, easy way to see a doctor.

Blue Cross and Blue Shield of Nebraska offers telehealth services through American Well®, also known as Amwell, the industry's leading telehealth solution – serving more than 100 million people.

With telehealth services, you can offer employees access to a nationwide network of U.S. board-certified physicians, available for live visits over computer, tablet or phone, whenever employees need them. Telehealth visits cost less than emergency room (ER), urgent care, or even in-office doctor visits – and they save employees 2-3 hours per consult. Best of all, employees love it.

Behavioral Health Services *Now Available*

With telehealth behavioral health services, Amwell's licensed therapists are available to 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, 7 days per week. To learn more, please contact a member of your Blue Cross and Blue Shield of Nebraska sales or account service team.



On-The-Go

Your employees can access Amwell at their convenience with 24/7/365 live Web and mobile consults with on-demand doctors.

You and your employees
save money, save time

Physicians

Nationwide network, right now

A great patient experience begins with the doctors. That's why Amwell offers access to a national network of U.S. board-certified physicians. These doctors are credentialed, certified, and trained to practice online. Their "webside manner" goes a long way: patients rate Amwell's doctors 4.7, an Excellent rating.

- Credentialed per NCOA and AHRQ
- 15 years average time in practice
- Professional profile online
- Visible past patient ratings
- Live consultations, right now
- Available 24/7/365
- Nationwide

Technology

Health care made easy

Open the app, log on, or pick up the phone. That's all it takes to get the right care at the right time. Making it easy to get care is actually pretty hard. Our patented system speaks the complex "language" of health care, so your employees don't have to.

- Computer, tablet or phone access
- No special hardware or software required
- Automated claims and eligibility processing
- E-prescriptions to a pharmacy of choice
- Clinical insight and care continuity
- HIPAA-compliant and secure
- Integration with Apple's Health app

Engagement

Awareness. Adoption. Usage.

It's all about being top of mind when a health care concern arises. Use our toolkit to engage your employees in this valuable benefit. Our toolkit includes:

- Intranet copy
- Employee email blast templates
- Quick start registration guide
- Posters
- Card to use as a desk drop, at health fairs, etc.
- Employee FAQs
- How to Enroll video
- And more



Care Made Easy

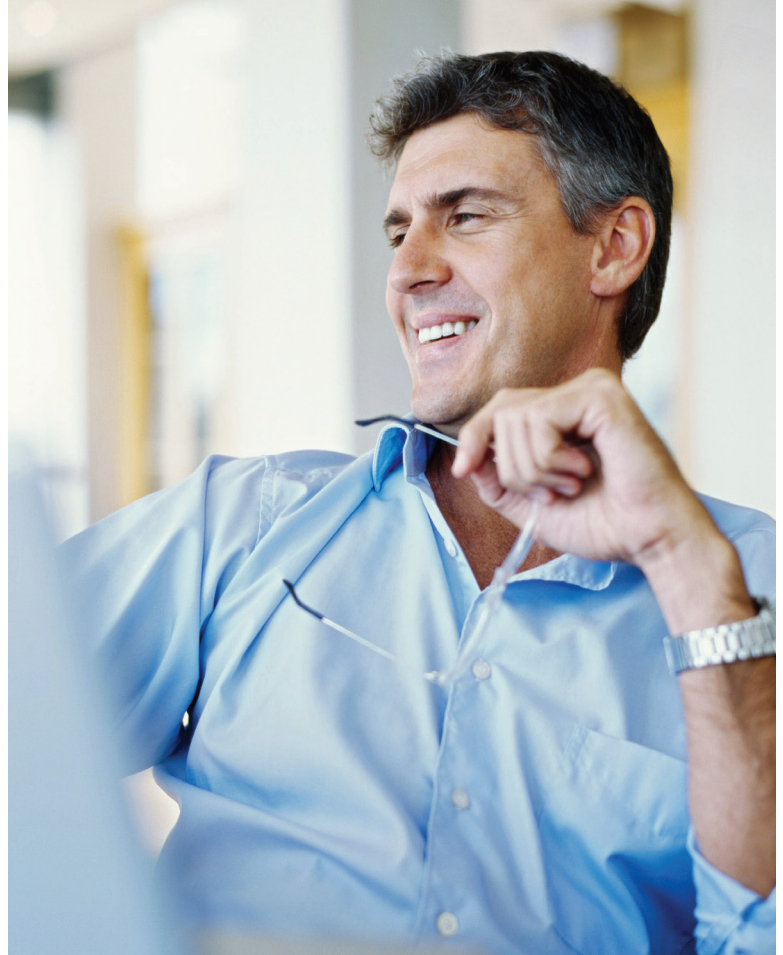
A doctor visit on your employees' terms

Health care can be challenging. Same day appointments can be hard to get, and seeking care after hours or on weekends can lead patients to urgent care or even the ER. Amwell makes it easy to find and consult with a doctor, so fewer people end up in the ER for minor complaints – and more people stay on the job during the workday.

Better Access

Supply meets demand

According to Amwell, there's a shortage of doctors, and it's growing – making it harder to get an in-person appointment and increasing wait times. Employers feel the pain in the form of increased absenteeism and presenteeism, and decreased productivity. Amwell is designed to eliminate all of this, with simple, convenient health care, available when and where patients need it.





Save Time

Employees get the care they need, right now

According to Amwell, 96% of employees that use Amwell save time addressing their health care concerns, and they save an average of 2-3 hours per consult. Half use Amwell during traditional business hours; the other half are roughly split between weekday evenings and mornings and weekends. Bottom line: day or night, employees save time away from work and family. No wonder satisfaction is so high.

Save Money

The cost of care. Nothing more.

It's no secret that health care, even for the most basic needs, can be very expensive. According to Amwell, primary care doctor visits can be pricey at \$105 or more. Urgent care is over \$228. And ER visits break the bank at \$1,630 and up. Amwell is designed to eliminate a lot of the cost by using the most affordable care settings: the workplace and home. It's a victory for your bottom line.

To learn more about telehealth through Amwell, please contact a member of your Blue Cross and Blue Shield of Nebraska sales or account service team.

Note: 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 Blue Shield of Nebraska.

