



## MEDICAL SOLUTIONS

Additional detailed information is available at [bcbsm.com](http://bcbsm.com).

Click on or scan the below QR codes to learn more about the BCBSM programs available to you at no additional cost.

### ACCESS TO CARE

*Network options, benefits and cost management innovations that save.*



#### Virtual Care by Teladoc Health

Convenient, high quality virtual options for non-emergency care that's always there - minor illnesses and mental health.

### IMPROVED CARE

*Solutions to better manage care and address specific health and well-being needs.*



#### Behavioral Health Care through Teladoc Health, AbleTo, Quartet, and more

Helps you manage everyday stress to substance abuse and provides several convenient ways to get confidential help.



#### Health and Well-Being - new & improved through Personify Health in 2026

Gives you access to various online tools and resources to help you build healthy habits and improve your overall well-being journey.