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Virtual Care Options

Convenient options to help you carry on

Option one

Use your own provider's virtual care services

Many providers or health care systems are providing virtual care services. Visit their website for sign-in and visit instructions or contact them to begin care.

Option two

Locate other virtual care options using BCBSND.me

To find virtual care options available to you:

1. Go to BCBSND.me and log in.
2. Click on the Benefits tab.
3. You'll see the virtual care options available to you.

Scan or visit BCBSND.me to register online. You can also download the app for iOS or Android.

Getting care has never been easier

Access a provider in minutes or schedule an appointment.

- Mental health conditions
- **Skin conditions:** Acne, eczema, rashes, minor burns, bug bites and cuts
- Urinary tract infections (UTIs)
- **Respiratory illnesses:** Sinus infections, colds, flu, COVID-19 and bronchitis
- Allergies
- **Back pain and musculoskeletal issues:** Back pain, joint pain, sprains and strains
- **Gastrointestinal symptoms:** Heartburn, nausea, vomiting and diarrhea
- **Eye conditions:** Conjunctivitis (pink eye)
- Headaches and migraines
- **Minor infections:** Earaches, strep throat, yeast infections and cold sores

Virtual care services may be a covered benefit under your plan and cost sharing may be waived for some services. Call Member Services at 844-363-8457 with any questions.

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BND-22-0292197A • POD 10-25 URAC 7.1