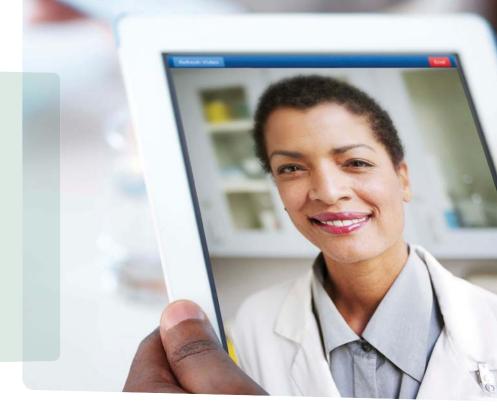
LiveHealth Online

Quick and easy access to a doctor 24/7



Have you ever been at work and didn't feel well? Maybe you had a fever or a sore throat but you didn't have time to leave and see your doctor or go to urgent care. Now, with LiveHealth Online, you can see a board-certified doctor in minutes.

Just use your smartphone, tablet or computer with a webcam. It's so convenient, almost 90% of people who've used it feel they saved two hours or more and would use it again in the future. To start using LiveHealth Online, all you need to do is sign up at **livehealthonline.com** or download the app.

Sign up for free today and get:

- 1. 24/7 access to doctors. They can assess your condition, provide treatment options and even send a prescription to the pharmacy of your choice, if needed.² It's a great way to get care when your doctor isn't available.
- **2. Medical care when you need it.** For things like the flu, a cold, sinus infection, pink eye, rashes, fever and more.
- **3. Convenience.** Since there are no appointments or long waits. In fact, most people are connected to a doctor in about 10 minutes or less.

Members of the State of Maine Health Plan pay our copay of \$20

LiveHealth Online Psychology

An easy, convenient way to see a therapist or psychologist in just a few days

If you're feeling stressed, worried, or having a tough time, you can talk to a licensed psychologist or therapist through video using LiveHealth Online Psychology. It's easy to use, private and, in most cases, you can see a therapist within four days or less.³ All you have to do is sign up at **livehealthonline.com** or download the app to get started. The cost is similar to what you'd pay for an office therapy visit.

Make your first appointment — when it's easy for you

- Use the app or go to livehealthonline.com and log in. Select LiveHealth Online Psychology and choose the therapist you'd like to see.
- Or, call LiveHealth Online at 1-844-784-8409 from 7 a.m. to 11 p.m.
- You'll get an email confirming your appointment.





LiveHealth Online: what you need to know

What kind of doctors can you see on LiveHealth Online?

Doctors on LiveHealth Online are:

- Board certified with an average of 15 years of practicing medicine
- Mainly primary care physicians
- Specially trained for online visits

When can you use LiveHealth Online?

LiveHealth Online is a great option for care when your own doctor isn't available and more convenient than a trip to the urgent care. With LiveHealth Online, you can receive medical care for things like:

- Cold and flu symptoms, such as a cough, fever and headaches
- Allergies
- Sinus infections and more

How do I pay for an online visit using LiveHealth Online?

LiveHealth Online accepts Visa, MasterCard and Discover cards as payment for an online doctor visit. Keep in mind that charges for prescriptions aren't included in the cost of your doctor visit.

LiveHealth Online Psychology

What conditions can be treated when you have a visit with a psychologist or therapist?

You can get help for these types of conditions:

- Stress
- Anxiety
- Depression
- Family or relationship issues
- Grief
- Panic attacks
- Stress from coping with a sickness

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1 LiveHealth Online user feedback survey, May 2015.

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Prescription availability is defined by priscion judgment and state regulations. Liverlealth Online is available in most states and is expected to grow more in the near future.

Please visit the map at liverhealthornine.com for more details.

3 Appointments subject to availability of a therapist.

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Anthern Blue Cross and Blue Shield is the rade name of: In Colorado: Rocky Mountain Hospital and Medical Service. Inc. HMO groducts under written by HMO Colorado, Inc. In Connecticut: Anthern Blueth Plans, Inc. In Indiana: Anthern Insurance Companies, Inc. In Kentucky, Anthern Health Plans of Kentucky, Inc. In Maine. Anthern Health Plans of Maine, Inc. In Indiana: Anthern Insurance Companies, Inc. In Kentucky Anthern Health Plans of Kentucky, Inc. In Maine. Anthern Health Plans of Maine, Inc. In Indiana Cardial Cardial Service, Inc. In Indiana: Anthern Health Plans of Maine, Inc. In Indiana Cardial Service, Inc. Indiana Cardial Service, Indiana Cardial Service, Inc. Indiana Cardial Service, Inc. Indiana Cardial Service, Inc. Indiana Cardial Service, Inc. Indiana Cardial Service, Inc



How much does a therapist visit cost?

The cost should be similar to what you'd pay for an office therapy visit, depending on your benefits, copay or coinsurance. You'll see what you owe before you start a visit and any cost is charged to your credit card. The cost is the same no matter when you have the visit — whether it's a weekday, the weekend, evening or a holiday.

How do I decide which therapist to see?

After you log in at **livehealthonline.com** or with the app, select **LiveHealth Online Psychology**. Next, you can read profiles of therapists and psychologists. Once you select the one you would like to see, schedule a visit online or by phone. At the end of the first visit, you can set up future visits with the same therapist if both of you feel it's needed. You always have the choice of the therapist you want to see.

What else do I need to know about LiveHealth Online Psychology?

- You must be at least 18 years old to see a therapist online and have your own LiveHealth Online account.
- Psychologists and therapists using LiveHealth Online do not prescribe medications.
- Visits usually last about 45 minutes.

Get started today

It's quick and easy to sign up for LiveHealth Online. Just go to **livehealthonline.com** or download the mobile app at Google PlayTM or the App StoreSM.



