

Regence



IDAHO



Telehealth for medical & behavioral health care

Doctor On Demand provides convenient care when you need it



Visit a doctor or therapist via video chat

We all have times when we need to see a doctor, but it's inconvenient—there's no time, the office is closed, or we're on the road. You know that feeling: "I wish I could get care without leaving the house!" Now you can.

Your health plan includes telehealth powered by Doctor On Demand, a national leader in quality care. You can talk to any of Doctor On Demand's board-certified physicians, licensed counselors and psychiatrists by video chat using your computer or the app—7 days a week, 365 days a year.

Telehealth for medical & behavioral health care

Care you can count on

You'll connect with board-certified doctors and therapists who can diagnose and treat nonemergency medical conditions, address mental and behavioral health needs, prescribe medications and send prescriptions to your pharmacy. With specialties including primary care, pediatrics, family medicine and behavioral health, Doctor On Demand makes it easy to get quality care for every member of your family.



Common ailments treated via telehealth include:

Medical

Allergy
Cold and flu
Constipation
Ear problems
Headache
Infections
Nausea
Pink eye
Rashes
Sinus infection
Sore throat
Sunburn
UTI

Behavioral health

Behavioral health
Addictions
Anxiety
Depression
Relationship issues
Grief and loss
Trauma and PTSD
Stress management

What you need to know

Doctor On Demand is simple to use. Here are some basic things to know:

- Doctor On Demand is a great option when your child isn't feeling well outside business hours, but dependents will need a parent present during the visit.
- The average wait time to connect with a physician is less than 10 minutes.
- You can use Doctor On Demand as often as you need to.
- Doctor On Demand helps you manage costs, with virtual medical visits generally less expensive than in-person visits. Your visit cost is provided up front before you book your appointment. Costs for behavioral health visits vary depending on the type of care.
- This is more than a nurse advice line. With Doctor On Demand, a doctor can diagnose, treat and prescribe medications, as necessary.
- You'll work with a Doctor On Demand physician or therapist, not your regular doctor.
- With your permission, the Doctor On Demand physician will share your treatment information with your regular doctor.



Visit doctorondemand.com/regence-id to register today. You'll want to create your online account in advance so when you need care, you'll already be set up.



Doctor On Demand is a separate company that provides telehealth services.

Regence BlueShield of Idaho
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Regence BlueShield of Idaho
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