



## PhysicianNow® connects you with doctors 24 hours a day, seven days a week.

PhysicianNow is a convenient way to talk with a doctor from your home, office or while traveling. **All you need is a telephone, computer or mobile device.\***

PhysicianNow is great when it's not an emergency, when it's not convenient or you're too busy to go to your doctor's office.

### Use PhysicianNow for:

- Allergies
- Cold and flu
- Fever
- Sinus infections
- Respiratory issues
- Skin conditions (rashes or insect bites)
- Sore throat
- Urinary tract infections

### Common Pediatric Conditions Include:\*\*

- Cold and flu
- Constipation
- Ear aches
- Diarrhea
- Nausea and vomiting
- Pinkeye

Our doctors can diagnose your symptoms and if a prescription is needed, send it to your pharmacy.\*\*\*

### Register for PhysicianNow



Visit [bcbst.com/member](https://bcbst.com/member) and log in to BlueAccess<sup>SM</sup>. Select the **My Health & Wellness** tab and then click on **PhysicianNow**.



Call **1-888-283-6691**.



Download the PhysicianNow app at the App Store® or Google Play®.





\* Some state exclusions apply.

\*\* Children 36 months and under with a fever will be automatically referred to their regular primary care pediatrician.

\*\*\* Some state laws require that a doctor can only prescribe medication in certain situations and can be subject to certain limitations. BlueCross members should have their prescriptions filled at a network pharmacy in compliance with the BlueCross drug formulary.

## How do I sign up for PhysicianNow and activate my account?

You can register for PhysicianNow through BlueAccess or over the phone.

After you sign up, be sure to enter the PhysicianNow phone number into your contacts so you have it when you need it.

### Sign up through BlueAccess

- Visit [bcbst.com/member](http://bcbst.com/member) and log in to BlueAccess.
- Click on the **My Health & Wellness** tab.
- Select **PhysicianNow**.
- Be sure to have your BlueCross Member ID card handy.

### Sign up by phone

- Call **1-888-283-6691**.
- You'll need your BlueCross Member ID card.

Register your account, set up a password and complete a brief medical history for you and your dependents (spouses and dependents over age 18 will need to set up their own accounts).

### Download the PhysicianNow mobile app

- Search for **PhysicianNow** (one word) in the App Store® or Google Play® and download the app.
- Set up a password so your account is ready when you need it.

After you've registered, you may use the mobile app for consultations.

BlueCross BlueShield of Tennessee

1 Cameron Hill Circle | Chattanooga, TN 37402 | [bcbst.com](http://bcbst.com)

BlueCross BlueShield of Tennessee complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

For TDD/TTY help call 1-800-848-0298.

BlueCross BlueShield of Tennessee, Inc., an Independent Licensee of the BlueCross BlueShield Association

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-565-9140 (TTY: 1-800-848-0298).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-565-9140-1 (رقم هاتف الصم والبكم: 1-800-848-0298).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-565-9140 (TTY:1-800-848-0298)。

The PhysicianNow program operates subject to state regulation and may not be available in certain states. PhysicianNow phone consultations are available 24/7 while video consultations are available during the hours of 7 a.m. to 9 p.m. seven days a week or by scheduled availability. MDLive is an independent internet based service that allows consumers to select and interact with independent physicians and other health care providers. For complete terms of use, visit: [welcome.mdlive.com/terms-of-use](http://welcome.mdlive.com/terms-of-use).

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