

Telemedicine (also referred to as “telehealth”) is the use of electronic information and communication technologies by a health care provider to deliver health care services to a patient while the health care provider is located at a different site such as an office or hospital.

When to Use Telemedicine

Non-Emergency Medical Telemedicine:

- If your primary care doctor is not available
- Instead of going to the ER or an urgent care center (for a non-emergency medical issue)
- Traveling and in need of medical care
- Children are away at school
- Unable to leave work or home

Behavioral Health Telemedicine:

- Unable to get an in person appointment with a provider
- Prefer to have an appointment in the comfort of your home
- Unable to leave work or home



Common Conditions Treated

Non-Emergency Medical Telemedicine:

Allergies	Fever	Pink Eye
Asthma	Headache	Rashes
Cold & Flu	Insect Bites	And more
Constipation	Joint Aches	
Diarrhea	Nausea	

Behavioral Health Telemedicine:

Addictions	LGBTQ support	Trauma & PTSD
Anxiety	Grief and loss	Women’s issues
Bipolar disorders	Men’s issues	And more
Depression	Panic disorders	
Eating disorders	Stress	



Source: [Blue Cross Blue Shield Association](#)