

# LiveHealth Online

Access to care from anywhere with UC SHIP



**LiveHealth**  
ONLINE

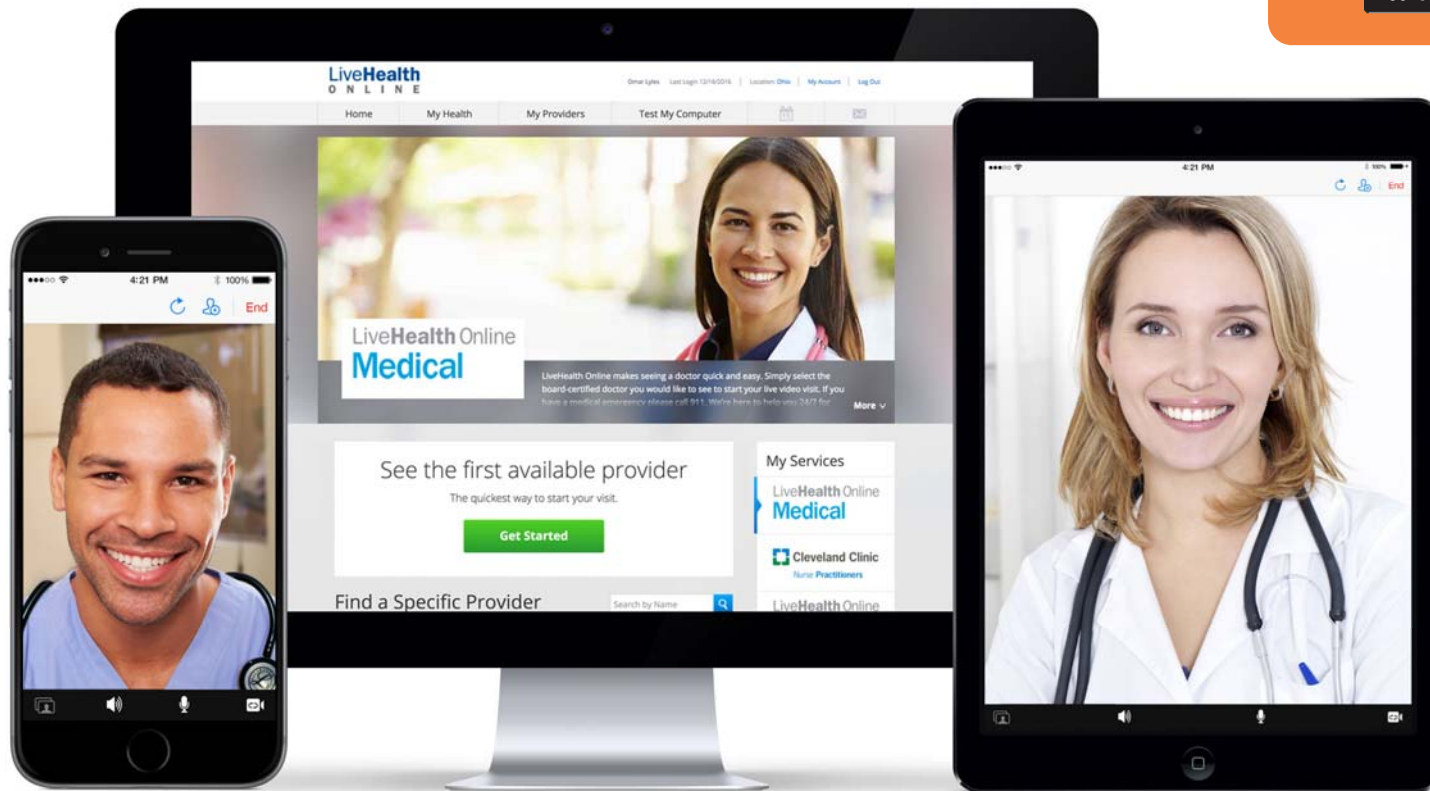
LiveHealth Online is the trade name of Health Management Corporation, a separate company providing telehealth services on behalf of Anthem National Accounts Blue Cross and Blue Shield.



# LiveHealth Online goes where you go

Access LiveHealth Online via smart phone, tablet or computer

The LiveHealth Online app is available on both iOS and Android







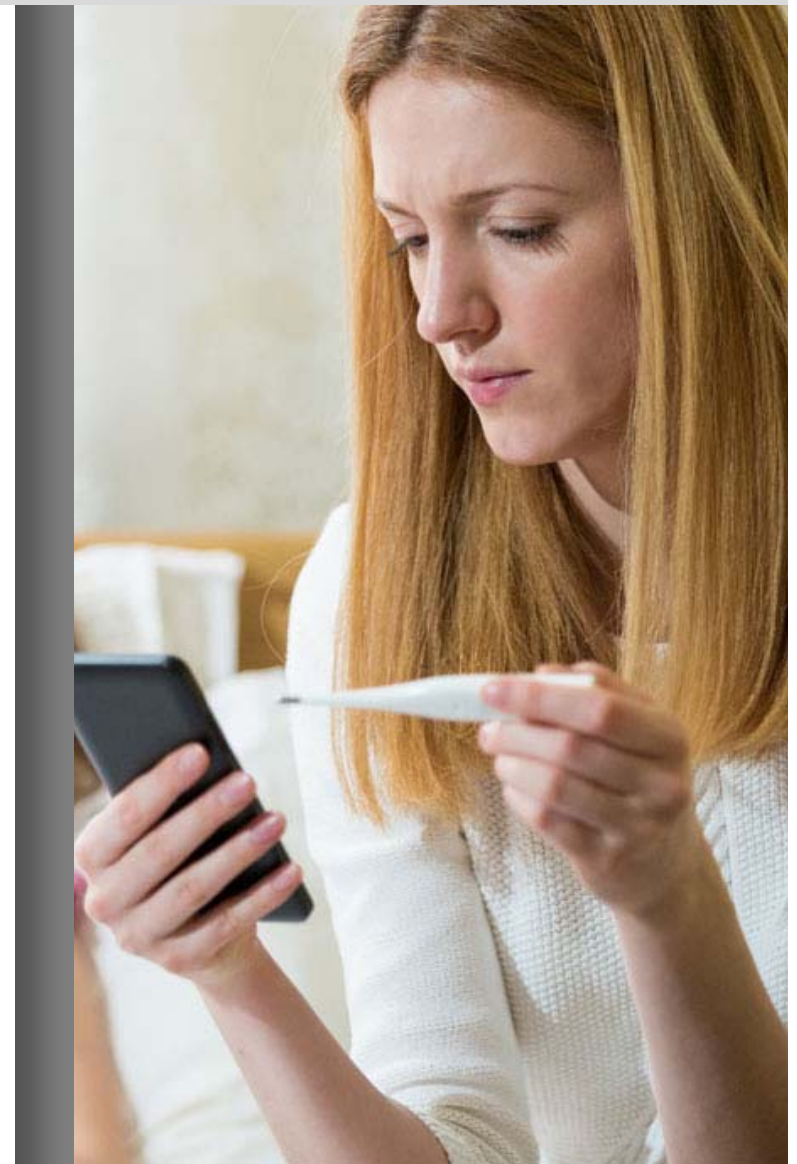
# LiveHealth Online | Medical



# The features of LiveHealth Online Medical

- Live, on-demand video doctor visits 24x7/365
- Accessible by smartphone, tablet or computer
- Cost is less than or equal to your office visit
- Available in all states with an average wait time of 10 minutes
- Choice of board certified, Anthem network doctors
- Secure and private, HIPAA compliant video visit
- E-prescribing to your pharmacy of choice\*

\*Only non-controlled substances can be prescribed via video doctor visits



# LiveHealth Online Medical - Quick and easy access to doctors



## Emergency Room

Time: 3+ Hours



## Urgent Care Center

Time: 2+ Hours



## LiveHealth Online

Time: 10 min or less wait

### What LiveHealth Online Treats

- Abrasions, minor wounds
- Acne
- Anxiety
- Asthma
- Allergies/allergic rhinitis
- Back pain
- Cough/Cold
- Depression
- Diabetes/hypoglycemia
- Diarrhea
- Ear pain
- Fever
- Headache/migraine
- Hypertension
- Incontinence
- Influenza/flu
- Insomnia
- Nausea/Vomiting
- Obesity
- Pinkeye and other eye infections
- Rashes/skin disturbances
- Sinus infection
- Smoking cessation
- Sore throat/pharyngitis
- Sprains and strains
- Urinary tract infection



Access





LiveHealth Online | Behavioral Health

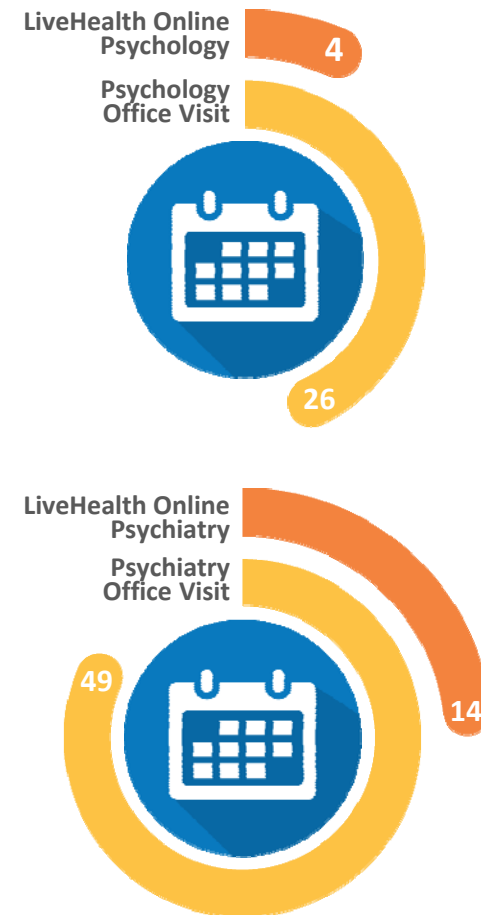


# Here's how LiveHealth Online can help

- Video visits with in-network licensed Psychologists, Therapists and board certified Psychiatrists
- Continuity of care between online visit practices allow doctors and therapists to refer members if additional support is needed
- Similar to the cost of an office therapy visit.
- Self-scheduled appointments, 7 days a week
- Private, easy to access and convenient
- Available in 50 states
- Access via smart phone, tablet or computer

\*<https://www.naminh.org/sites/default/files/Summary%20Report%2004%2028%2014%20Waiting%20for%20Help%20FINAL2.pdf>

## Days Before First Visit\*



# Here's how LiveHealth Online can help


	LiveHealth Online <b>Psychiatry</b> 	LiveHealth Online <b>Psychology</b>
Provider types	Board Certified Doctors	Licensed Psychologists and Therapists
Benefit offered	Medication, if necessary after evaluation	Counseling with Psychologists or Therapists
Visit length	30-45 minute initial evaluation. 15 minute follow up sessions if needed for medication review	45 minute counseling sessions
Average wait time	14 days or less	4 days or less

\*Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online.



# Prescription availability through LiveHealth Online Psychiatry

- Psychiatrists on LiveHealth Online can prescribe non-controlled prescription alternatives in many situations. Common non-controlled prescriptions include:
  - Zoloft®
  - Prozac®
  - Celexa®
  - Cymbalta®
  - Lexapro®
  - Wellbutrin®
  - Trazodone®
  - Naloxon
  - Effexor®
  - Azona®
  - Cipralex
  - Favarin
  - Tofranil
  - Avanza
  - Seroxat
  - Lustral®
  - Intuniv®
  - Strattera®
  - Anafranil
  - Doxepin
- Psychiatrists on LiveHealth Online cannot prescribe controlled substances.



**Common controlled medications that cannot be prescribed:**

- Xanax®
- Ativan®
- Valium®
- Lunesta®
- Ambien®
- Methadose
- Adderall®
- Ritalin®
- Vyvanse®