

Telemedicine Available for Faculty & Staff of RUSO schools

Speak with a doctor – anytime, anywhere



As of the first week of April, the following RUSO schools will be adding a telemedicine benefit to the medical plans currently offered!

East Central University Northeastern State University
Northwestern Oklahoma State University Southeastern Oklahoma State University
Southwestern Oklahoma State University

Campus HR and Benefits staff will notify employees once the benefit is active for your campus.

UCO currently has a telemedicine benefit in place, and employees may access this benefit immediately.

Getting sick after hours or on weekends used to mean a long, costly trip to the emergency room or urgent care center. Now, with your virtual visits benefit, provided by BCBS of Oklahoma and powered by MDLIVE, the doctor is in 24/7/365. And you don't have to leave the comfort of your own home.

Virtual visits allow you to consult a doctor for non-emergency situations by phone, mobile app, or online video anytime, anywhere.

Why virtual visits?

- 24/7 access to board-certified MDLIVE doctors
- Access via phone, online video or mobile app from almost anywhere
- Average wait time of less than 20 minutes
- If needed, get a prescription sent to your local pharmacy

MDLIVE doctors can treat a variety of non-emergency conditions, including:

- Allergies
- Asthma
- Cold/flu
- Ear infections
- Fever
- Headache
- Insect bites
- Nausea
- Pink eye
- Rash
- Sinus infections

Once you are notified by your HR and Benefits department that the benefit is active for your campus, activate your account by choosing one of the following options:

- Call MDLife at 888-976-4081
- Go to MDLIVE.com/bcbsok
- Text BCBSK to 635-483
- Download the MDLIVE app

COVID-19 and Telemedicine

If you are unsure whether your symptoms meet the criteria for a COVID-19 diagnosis or testing, a telemedicine appointment is a logical first step since many of the COVID-19 symptoms are easily mistaken for a common cold, the flu or allergies. If an MDLIVE physician determines that a member meets the COVID-19 testing criteria, the MDLIVE physician will direct the member to a local ER for further care.

COVID-19 Testing

If your doctor determines that COVID-19 testing is in order for you or your dependent, copay/coinsurance for testing and lab work will be \$0 on all offered plans, regardless of the network of the provider.

**CONTACT YOUR CAMPUS HR AND BENEFITS DEPARTMENT FOR
ADDITIONAL DETAILS OR WITH ANY QUESTIONS!**