



Need to see a doctor this winter?

The ER isn't your only option.



LiveHealth Online Available While on Winter Break

Feeling sick during winter break? You have other options for getting the care that you need while traveling home, going away on vacation or if you're staying near campus and the student health center is closed.

With LiveHealth Online, you can speak face-to-face with a board-certified doctor from wherever you are using your smartphone, tablet or computer with a webcam.*



Make sure to download and register through our SydneySM Health app. Easily find care, including telemedicine options through the app.

LiveHealth Online Medical	Flu and cold symptoms, allergies, pinkeye and sinus	24/7 from your smartphone, tablet or computer with a webcam
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	infections, even if a prescription is needed*	
LiveHealth Online Psychology	Talk with a licensed therapist for stress, depression, anxiety, panic attacks, and grief	You can schedule an appointment with a therapist that fits your schedule
LiveHealth Online Psychiatry	Get help with stress, anxiety, stress, depression, obsessive compulsive disorder as well as medication management	You can schedule an appointment with a psychiatrist that fits your schedule

* If you're experiencing an emergency, call 911 or go to your nearest emergency room.

* Blue Cross Blue Shield website: *Community by Community, Nationwide* (accessed June 2021): bcbs.com.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan ©2020-2022. The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

Language Access Services (TTY/TDD: 711)

ALTERNATE LANGUAGES

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

Independent licensee of the Blue Cross Association. Read more [about us](#).