

# Digital tools to help you and your family during COVID-19

We understand your health is important, especially during times like these. *Using our digital tools, we can better meet your needs. Let's work together to support each other.*



## Claiming for virtual services

- Did you know that you can get a lot of health services online or by phone? It's a convenient option for getting the care you need during this challenging time.
- If your plan includes coverage for the following services, you can claim for virtual visits with these practitioner types:
  - » Audiologists
  - » Chiropracodists
  - » Chiropractors
  - » Counselling Therapists
  - » Registered Dietitians
  - » Naturopaths
  - » Occupational Therapists
  - » Optometrists
  - » Physiotherapists
  - » Podiatrists
  - » Psychoeducators
  - » Psychologists
  - » Psychotherapists
  - » Social Workers
  - » Speech Therapists
- Ask your health provider if they can provide their specific care remotely, and take care of your health even when you can't meet in person.



## Submit your claims electronically

- Electronic claims are easier to process and can avoid delays in having your claims reimbursed
- Login at [medaviebc.ca](https://medaviebc.ca) or download the **Medavie Mobile app** for Android and iPhone
- Whether it is a local provider, or a virtual-only provider, they must be accredited by their Canadian professional association for the services to be covered by your plan.



## Consider using Connected Care - our digital health platform

### Online Doctors

- Use your mobile device or computer to connect with a Canadian doctor in minutes for consultation and treatment - day or night
- As a Medavie Blue Cross member, you get preferred pricing for this service

### Digital Therapy

- Stressed? Anxious? Overwhelmed? Connect with an accredited therapist for counselling and education services through:
  - Guided programs (Cognitive Behavioural Therapy), or
  - Live therapy sessions using your computer, tablet or mobile device - anytime, anywhere
- Most plans cover this service through their Extended Health Care benefit

Find out more or start accessing **Connected Care** on the **Medavie Mobile app**, or by logging in at [medaviebc.ca](https://medaviebc.ca)



## Medavie Mobile app

Download it free



[medaviebc.ca/covid19](https://medaviebc.ca/covid19)

