Federal Employee Program Members
Enjoy Telehealth Behavioral Health Benefit

Our Blue Cross and Blue Shield, Federal Employee Program® (FEP) members now have a telehealth behavioral health benefit, offered through Teladoc®.

Members who are feeling sad, having low energy or troubling thoughts, dealing with relationship issues, experiencing grief or anxiety, or needing help with alcohol/substance use can use this benefit. Members can seek convenient professional help even after hours. The telehealth benefit allows members to talk with experienced doctors and therapists by phone or video, seven days a week between 7:00 a.m. and 9:00 p.m. local time, anywhere in the country.

Members can schedule an appointment online at fepblue.org/telehealth, by phone at 855-636-1579, or via the Teladoc mobile application. Teladoc practitioners are based in the United States, board certified, state licensed and able to treat and prescribe for many behavioral health/substance use issues.

Our FEP members have been mailed the telehealth card below. Thank you in advance for reminding your FEP patients about their telehealth behavioral health benefit whenever appropriate.
COMMON REASONS TO USE TELEHEALTH SERVICES FOR MENTAL HEALTH

- Sad feelings
- Low energy
- Troubling thoughts
- Change in appetite
- Relationship issues
- Emotional struggles
- Grief and death
- Alcohol/substance use

All Teladoc doctors are:

Based in the United States
Board certified
State licensed
Able to treat and prescribe many mental health/substance use issues

**Call 911 or go to your local emergency services in an emergency**

Connecting with a doctor or therapist is easy:

- Online at fepblue.org/telehealth
- By phone at 1-855-636-1579
- Download the Teladoc mobile app

Blue Cross and Blue Shield of Florida, Inc., DBA Florida Blue, administers the Blue Cross and Blue Shield Services Benefits Plan for the United States Office of Personnel Management, as authorized by the Federal Employees Health Benefits Plan. Florida Blue is an independent licensee of the Blue Cross Blue Shield Association. We comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. (PREFKON: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-352-2583 (TTY: 1-877-955-8773) AMANOS. Si prefiere, contacte a una agencia de servicios gratuitos de asistencia lingüística. El costo de los servicios de asistencia lingüística es gratis. Puede usar un lector de braille, un teléfono de texto, una plataforma de video o un teléfono de texto Máx.)