

QUICK GUIDE

ON HOW TO USE THE AMWELL APP

Blue Cross and Blue Shield of Kansas City (Blue KC) wants to improve your access to care. That's why we've partnered with American Well (Amwell) to bring you care from the comfort and convenience of your own home or wherever you are. Beginning in June 2016, Retail Telehealth will be available to most Blue KC members (Medicare Advantage members will not have access).

Amwell App Step-by-Step Instructions

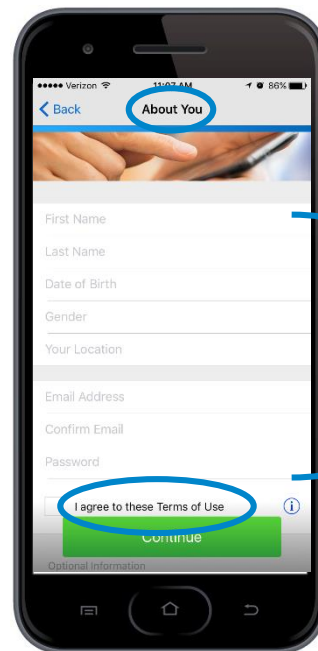
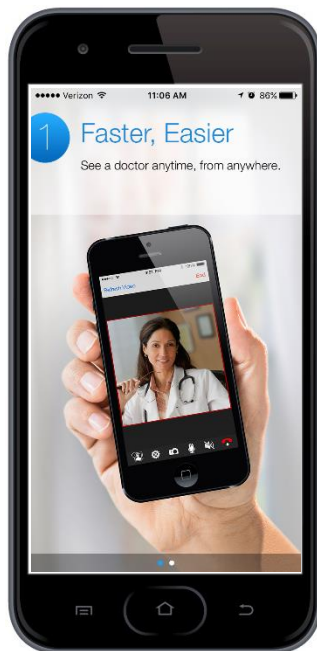
Accessing care with Amwell is simple and convenient. Follow these steps to enroll with Amwell today. It is helpful to set up your account prior to needing care.

- 1. Download the Amwell Mobile App.** The Amwell app can be downloaded directly to your smart phone or tablet and is available for both Apple and Android devices.

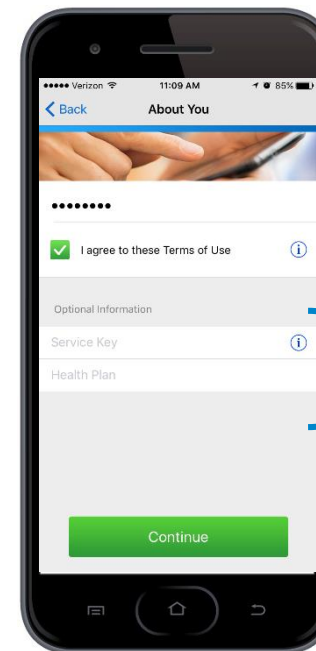


2. Enroll.

- Open the Amwell app on your smart phone.
- You will be prompted to Log In or Sign Up – Click Sign Up.
- Complete your profile by providing the requested information.
- Agree to the Terms of Use.
- Enter your health plan information.
- You will be asked if you want to sync your health information – this is not required, but can be helpful if you maintain an Apple Health or another similar Android app.



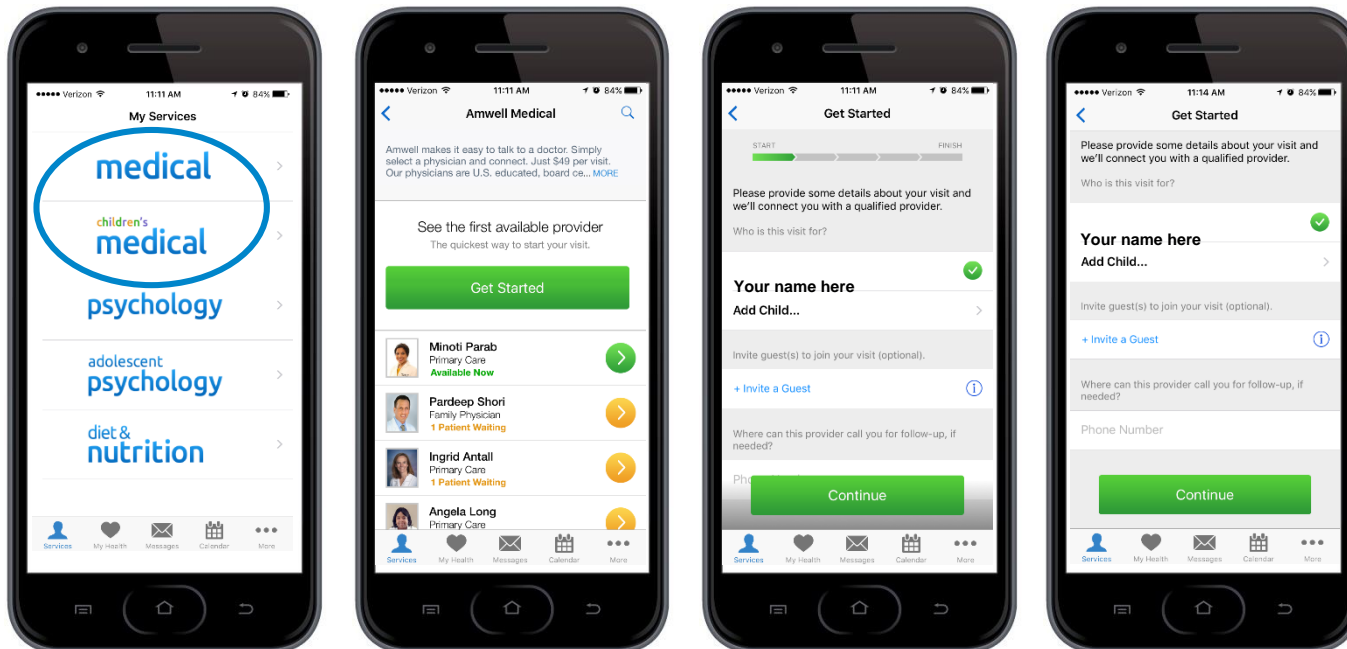
Requested Info:
First Name
Last Name
DOB
Gender
Your Location
Email Address
Password



Health Plan Info

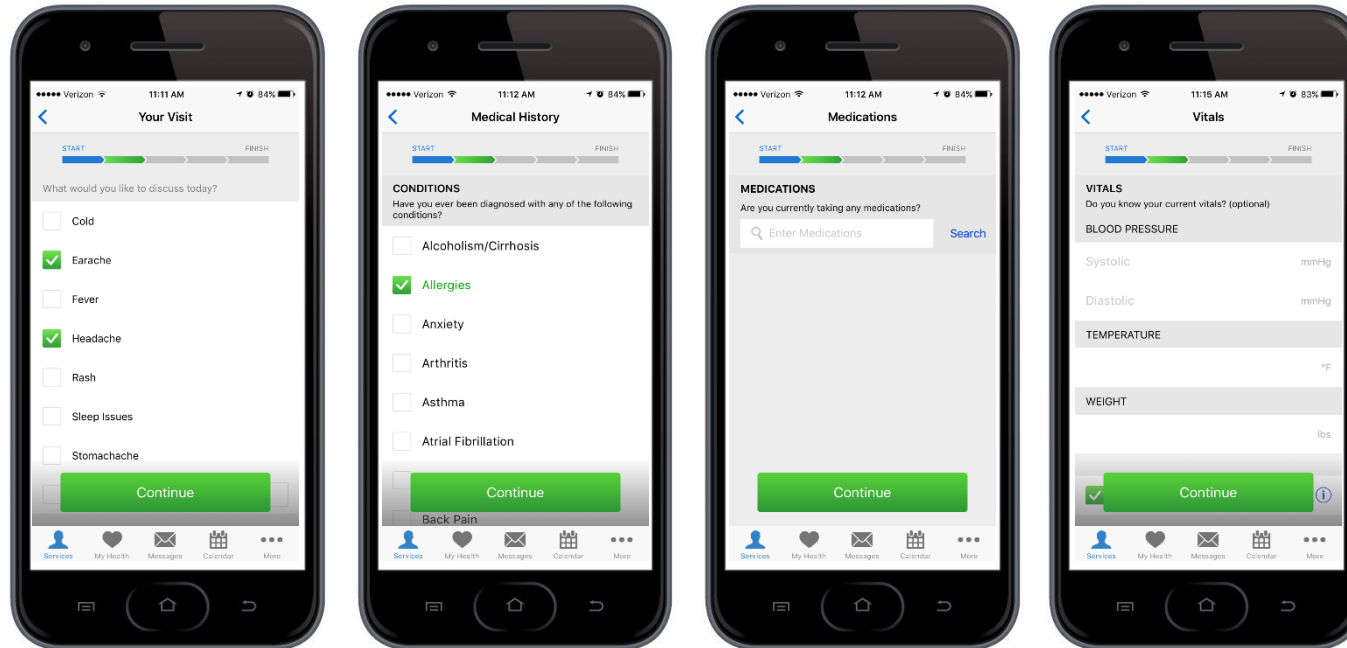
3. Visit.

- You can access care through Amwell for a variety of services. However, only the Amwell medical services are covered by your Blue KC medical plan.
- Select medical or children's medical to get started with your visit.
- It's free to enroll and you will never pay more than \$39 per visit (you will pay your Urgent Care copay if it is less than \$39).
- You have the opportunity to add a child if you are facilitating on their behalf.
- You have the opportunity to invite a guest. For example, if Grandma is babysitting when your child becomes ill, she could invite you to join the visit so you can both participate and talk to the doctor when he/she is evaluating your child. Please note, your child must be present during the visit.
- You will also be required to provide a phone number where you can be reached.



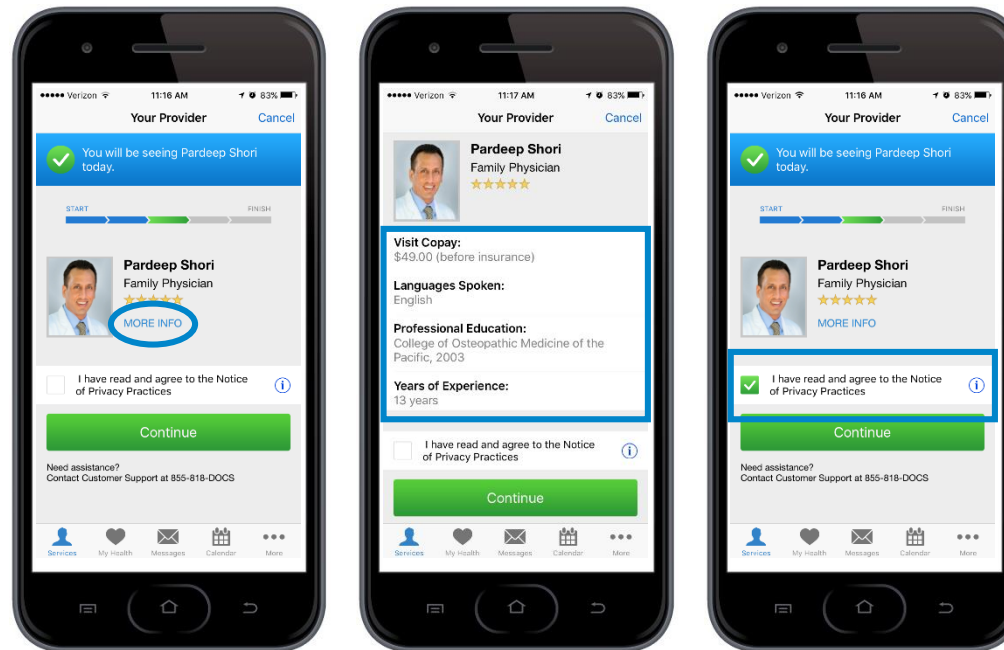
3. Visit.

- You will be asked to provide details about the reason for your visit.
- You will be prompted to answer questions about your medical history and conditions.
- You will be asked about any medications you are taking.
- You will be asked about your vitals – if you don't know, just continue.



3. Visit.

- You can either select a provider, or the app can find the first available provider for you.
- Once a provider has been located you can learn more about them by clicking on “MORE INFO.” This will provide information on their languages spoken, professional education and years of experience.
- You must agree to the Notice of Privacy Practices before continuing.





QUESTIONS?

To learn more about Retail
Telehealth and the Amwell app,
visit [Amwell.com](https://www.amwell.com)