

Health Insurance and Telehealth and 24/7 Advice Nurse Information

Always check the back of the health insurance card to see if there is a local number for the member

Kaiser

- **TELEHEALTH:** KP.ORG - Make appointments for email, video or phone appoints online
- **24/7 Advice Nurse:** 1.866.454.8855

Anthem Blue Cross

- **TELEHEALTH:** LiveHealthOnline.com (*Free for students with the University plan*)
- **24/7 NurseLine:** 1.800.224.0336

BCBS – Blue Cross Blue Shield

- **TELEHEALTH:** LiveHealthOnline.com
- **24/7 NurseLine:** to locate the toll free phone number to your local Nurse Line, check the back of your BCBS member card or visit your [BCBS company website](#).

Cigna

- **TELEHEALTH:** [Cigna Telehealth Connection](#)
- **24/7 advice nurse:** member has to look on the back of their card for the number their plan uses or log into the Cigna website to locate their number. Customer Service: 1.800.977.1654 24/7

United Healthcare

- **TELEHEALTH:** [Virtual Visits](#) Access available through the United Healthcare website
- **24/7 advice nurse:** 1.877.365.7949

Aetna

- **TELEHEALTH:** [Teladoc](#) Access available through the Aetna website
- **24/7 advice nurse:** 1.855.456.9126 called Aetna Better Health

HealthNet

- **TELEHEALTH:** [Teledoc](#) Access available through the HealthNet website
- **24/7 advice nurse:** 1.800.893.5597 or logging in as a member at www.healthnet.com

Western Health Advantage

- **TELEHEALTH:** Access available through the Western Health Advantage website
- **24/7 advice nurse:** 1.877.793.3655


VA – Veterans Administration

- **TELEHEALTH:** [VA Video Connect](#)

Sutter Health

- **TELEHEALTH:** [MDLIVE](#)
- **Advice nurse:** 24/7 1.855.836.3500

Dignity Health

- **Download the My care app** 
- **24/7 advice nurse:** 844.759.5769 to find a doctor