



February 2019

What is Telemedicine?

Telemedicine (also referred to as “telehealth” or “e-health”) allows a patient to contact and receive healthcare guidance from a doctor in real time using a smartphone, tablet, or computer. It’s like having your own doctor on call, 24 hours a day – 7 days a week - 365 days of the year. You are connected with a board-certified physician trained and based in the United States. They will be able to diagnose, treat, and/or prescribe what you need.

This benefit is for non-emergency care, keeping in mind that it is not a replacement for your Primary Care Physician (PCP). The most common diagnoses include:

Allergies	Ear Infections	Joint Aches	Sinus Infections
Asthma	Fever	Nausea	Skin Infections
Cold & Flu	Headache	Pink Eye	Sore Throat
Constipation	Infections	Rashes	Urinary Tract Infections
Diarrhea	Insect Bites	Respiratory Infections	

Although telemedicine can often treat many conditions, more serious or life-threatening conditions should be treated by a visit to the doctor or hospital in person. If you are experiencing a crisis or emergency, call 911 or go to your nearest emergency room.

<i>Health Insurance Provider</i>	BCBSWNY	MVP	Excelsus
<i>Telemedicine Service</i>	Dr. on Demand	myVisitNow	Telemedicine
<i>Where to sign up</i>	DoctorOnDemand.com	myvisitnow.com	ExcelsusBCBS.com/member
<i>Customer Service</i>	1-800-997-6196	1-855-666-9557	1-800-499-1275

Plant Based Challenge Update

Congratulations to the 3,900 people who took the challenge and participated in the Good Life – Plant Based Food Challenge last month. We heard overwhelming positive comments and results from those who participated. We hope that you saw some positive changes in your health and take what you learned to make some life-style changes.

I feel better overall	I feel more alert	Clearer skin
Less inflammation	Less joint pain	Lowered my blood pressure
Feeling less bloated	Better digestive cycle	I am feeling much better
Tastes good; It’s not hard; I was full	Eating to live, not living to eat	I lost 6 pounds

Crispy No Fuss Cauliflower

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| 1 head cauliflower florets | 2 Tbsp potato starch |
| ½ tsp salt | 1 Tbsp nutritional yeast |
| ½ tsp turmeric | ¼ tsp black pepper |
| ½ tsp chili powder | 1 Tbsp neutral, high heat oil (grape, canola, sunflower, avocado, etc.) |

Preheat oven to 450°. Drizzle oil over a metal baking sheet. Spread cauliflower over sheet and sprinkle the remaining ingredients. Bake for 20-30 minutes, tossing once halfway through.

