



## Convenient Virtual Care Options

As part of their CareFirst BlueCross BlueShield (CareFirst) benefits, your employees can securely connect and access care in real-time. They can choose from several virtual care options, so they always have access to the support they need right at their fingertips.

- **CloseKnit**—virtual-first, primary care practice with a dedicated Care Team of qualified healthcare professionals offering well care, preventive and urgent care services, chronic condition prevention and management, behavioral and mental health support, care coordination, insurance navigation and more.
- **Behavioral Health Digital Resource**—hosted by 7 Cups, a global leader in behavioral health. This resource offers members 24/7 access to on-demand chats with trained listeners, online communities and personal growth paths to learn new coping skills.
- **CareFirst Video Visit**—members can connect with a doctor 24/7 for urgent care. They can also schedule appointments for additional services, including nutrition, breastfeeding and behavioral health support.
- **MedStar eVisit**—all visits are conducted by MedStar Health providers. Members do not need to be a MedStar patient to take advantage of 24/7 urgent care plus primary and specialty care services.
- **myPrivia Virtual Clinic**—provides 24/7 access to care for preventive, chronic and sick visits. Members do not have to be a Privia patient to use this service.

Learn more about each option at [carefirst.com/virtualcare](https://carefirst.com/virtualcare).