

Accessing Telemedicine Services

GUIDELINES AND MEMBER SIGN-UP INSTRUCTIONS

Guidelines for Medical Care Through Telemedicine Providers

Telemedicine is effective in addressing many but not all urgent medical care.

- **Appropriate referrals include:** cold & flu, bronchitis, respiratory infections, ear infections, allergies, urinary tract infection, etc.
- **However, telemedicine providers cannot treat:** anything that requires a hands-on exam, stitches, bandaging, casting, lab or x-ray, chronic or complicated conditions.

Guidelines for Mental Health Care Through Telemedicine Providers

- **Telemedicine is effective in addressing most outpatient mental health issues including:** Telemedicine Therapists and Psychologists treat stress, anxiety, depression, relationship or family issues, grief, panic attacks, etc.
- **However, only psychiatrists (MDs) can prescribe medicine.**

Anthem Blue Cross

Urgent Medical - \$49 or less depending on the office visit benefit.

Mental Health Services – copays vary depending on the plan.

Sign up and access services through LiveHealthOnline at 888-548-3432 or www.livehealthonline.com/

United Ag

Urgent Medical - \$8 copay after deductible

Mental Health Services – copays vary depending on the plan.

Sign- up & access services through Teledoc at 800-835-2362 or

www.unitedag.org/health-benefits/united-agriculture-benefit-trust/providers/

United Health Care

Urgent Medical & Mental Health Services – copays vary depending on the plan

Sign up & access services through AMWELL or Dr+ On Demand at:

www.uhc.com/individualand-family/member-resources/health-care-tools/virtualvisits#good

Blue Shield

Urgent Medical - \$5 copay.

Sign up and access services through Teledoc at 800-835-2362 or member.teladoc.com/bsc

Mental Health Services – copays vary depending on the plan.

Access services through MHSA at 877-263-9952 or by calling directly one of MHSA's telemedicine providers (see attached provider list)

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MHSA TELEMEDICINE PROVIDERS

OFFENSTEIN, RONALD PHD
RIVERSIDE PSYCHC MEDCL GRP
951-275-8500
TELE-HEALTH

RATHAN, SEAN C MA
PRIVATE PRACTICE
10061 TALBERT AVE STE 234
FOUNTAIN VALLEY, CA 927085159
714-865-2157
TELE-HEALTH

KLEIN, BEATE PHD
PRIVATE PRACTICE
1000 FREMONT AVE STE 270
LOS ALTOS, CA 940246058
650-999-1461
TELE-HEALTH

PARKER, SHARON M MA
PRIVATE PRACTICE
542 OCEAN ST STE D
SANTA CRUZ, CA 950606622
831-469-9151
TELE-HEALTH

BARNETT, MARION E MA
TELE HEALTH
905 SIR FRANCIS DRAKE BLV STE F
KENTFIELD, CA 949041589
415-464-0531
TELE-HEALTH

UTTER, SUSAN D MA
PRIVATE PRACTICE
330 JAMES WAY STE 180
PISMO BEACH, CA 934492891
805-235-1080
TELE-HEALTH

ANGOTTA, CHAD J MA
PRIVATE PRACTICE
17452 IRVINE BLVD STE 214
TUSTIN, CA 927803031
714-731-6111
TELE-HEALTH

BACH, JONATHAN MMFT
JONATHAN BACH LMFT
9038 ORION AVE UNIT 106
NORTH HILLS, CA 913434273
213-618-6402
TELE-HEALTH

YATES, GILLAAN A MA
GILLAAN YATES PSYCTHRPY
23 ALTARINDA RD STE 102
ORINDA, CA 945632600
510-410-9949
TELE-HEALTH

SILVERMAN, PAUL S MA
PRIVATE PRACTICE
3896 24TH ST
SAN FRANCISCO, CA 941143839
415-820-1590
TELE-HEALTH

KEEHN, EDWARD B PSYD
PRIVATE PRACTICE
767 ACADEMY DR
SOLANA BEACH, CA 920752031
858-224-3221
TELE-HEALTH

METZLER, CINDEA J MA
PRIVATE PRACTICE
3633 CAMINO DEL RIO S STE 102
SAN DIEGO, CA 921084012
858-254-6590
TELE-HEALTH

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LEVY ALBERT, SALLY MS
PRIVATE PRACTICE
626 BALBOA ST
SAN FRANCISCO, CA 941183725
415-533-8922
TELE-HEALTH

PEREZ, CLAUDIA T PHD
PRIVATE PRACTICE
905 SF DRAKE BLVD STE F
KENTFIELD, CA 949041589
415-453-8567
TELE-HEALTH

STICKLEY, STEPHANIE A MA
PRIVATE PRACTICE
255 W NAPA ST STE C
SONOMA, CA 954766546
707-953-2803
TELE-HEALTH

WALKER, MICHAEL T PHD
PRIVATE PRACTICE
877 N DOUGLAS ST
EL SEGUNDO, CA 902452801
310-617-5538
TELE-HEALTH

HECHT ZABLOW, LORNA MA
PRIVATE PRACTICE
591 CAMINO DE LA REINA STE 918
SAN DIEGO, CA 921083111
619-838-4551
TELE-HEALTH

ABNEY, JEANETTE MA
PRIVATE PRACTICE
2701 E CHAPMAN AVE STE 111
FULLERTON, CA 928313750
714-992-1677
TELE-HEALTH

MORITZ, JAMIE W MS
VENTURA CNSLNG CTR
805-644-1650
TELE-HEALTH

SAYLES, LARA MA
PRIVATE PRACTICE
15233 VENTURA BLVD STE 1208
SHERMAN OAKS, CA 914032271
818-600-1116
TELE-HEALTH

REYES, STEVEN COURY EDD
PRIVATE PRACTICE
1255 W COLTON AVE
REDLANDS, CA 923742861
909-363-4714
TELE-HEALTH

LESNICK, PEGGY PHD
PRIVATE PRACTICE
5481 VOLE CT
YUCCA VALLEY, CA 922842092
916-993-0236
TELE-HEALTH

VOTH, RYAN D MS
QLTY LIFE PSYCHC & PSYCHL GRP
951-684-2627
TELE-HEALTH

GOOLSBY, NICOLE LYNN MS
PRIVATE PRACTICE
8325 HAVEN AVE STE 203
RANCHO CUCAMONGA, CA 917303894
909-206-4453
TELE-HEALTH

DI LORENZO, ROSA PSYD
PRIVATE PRACTICE
2715 K ST STE C
SACRAMENTO, CA 958165128
916-572-4387
TELE-HEALTH

RAYA FERNANDEZ, REBECCA PSYD
PRIVATE PRACTICE
1704 E BULLARD AVE
FRESNO, CA 937105856
559-439-2776
TELE-HEALTH