**BCBSM Online Visits (Therapy/Counseling)**

1. Sign up for an account at https://bcbsmonlinevisits.com or download the app, BCBSM Online Visits App. It is recommended that ***use your personal email***, not your HSC email so that the appointment confirmation link is on a device you can access anywhere.



1. Select Therapy (counselor) or Psychiatry (doctor).
2. Schedule an appointment with the person of your choice (counselors have biographies available) and watch for an email confirmation.
* The $40 cancellation fee will only be charged if you cancel the appointment without 24-hour notice. You can use your HSA debit card or other card for payment.
1. Click on the Get Started link 10-15 minutes before your appointment time.

