

Care At Your Fingertips, 24/7

Telemedicine and Virtual Counseling from B&H!

You now have access to doctors and counselors via phone or video with telemedicine and virtual counseling. Both services are provided to B&H employees and family members enrolled in a UHC medical plan.



Talk to a doctor 24/7

Get treatment within minutes for minor injuries, illnesses, and prescriptions.

- Cough & Sore Throat
- Infection (Sinus, Ear, UTI, etc.)
- Skin Rash
- Muscle/Joint Pain
- Medication Refill*

*Doctors can write prescriptions when needed.
Prescription costs are applicable to your medical plan.

Talk to a counselor

Sometimes, you just need someone to talk to. Talk to a licensed counselor to work through:

- Anxiety
- Depression
- Marital/Relationship
- Substance Use
- Work/Life Stress

Visits occur on your time! Get support via phone or video anytime between 8 a.m. to 8 p.m. Monday-Friday.

“Always cordial, caring, and very upbeat! Thank you for making us feel better mentally as well as physically!” – Helen from Ohio

Get the app 



Use your employee ID to log in.