



“This is the best! Care without leaving home—  
with call-in prescriptions? Seriously, how have we  
not been doing this all along? Very satisfied!”

– Julia, Ask a Doctor user

#### ASK A DOCTOR

## Connect with a doctor through secure messaging

Skip the waiting room, avoid germs and get quick access to care. Ask a Doctor lets you connect with a doctor 24/7 from any mobile device or computer. Through its secure messaging platform, you can chat with a board-certified physician whenever it fits into your schedule. It's fast. It's virtual. It's as easy as texting a friend.

### Your first stop for many routine health needs

Get answers to medical questions 24/7

Manage chronic conditions like asthma

Discuss medication options and side effects

Get a prescription, if needed

Explore birth control options

Decide between urgent care or ER

Understand treatment instructions

Chat as long as you need

**Get started today.** Sign in at [regence.com](https://www.regence.com), find **Care on demand** on your Member Dashboard and select **Ask a Doctor**. From there you can download the app and register.



**Regence BlueShield**  
serves select counties in the state of Washington and is an Independent  
Licensee of the Blue Cross and Blue Shield Association

**Regence BlueShield**  
1800 Ninth Avenue | Seattle, WA 98101

REG-408345-20/05-WA  
© 2020 Regence BlueShield

Regence complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-344-6347 (TTY: 711). 注意: 如果您使用 繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711).