

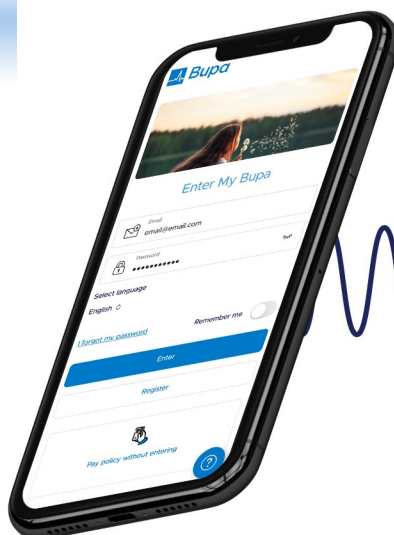
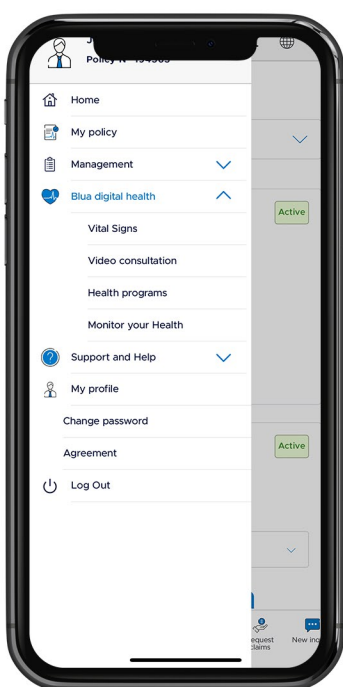


Virtual Consultations for the Healthy Mind Program

1. Download our **App Mi Bupa Latinoamerica**

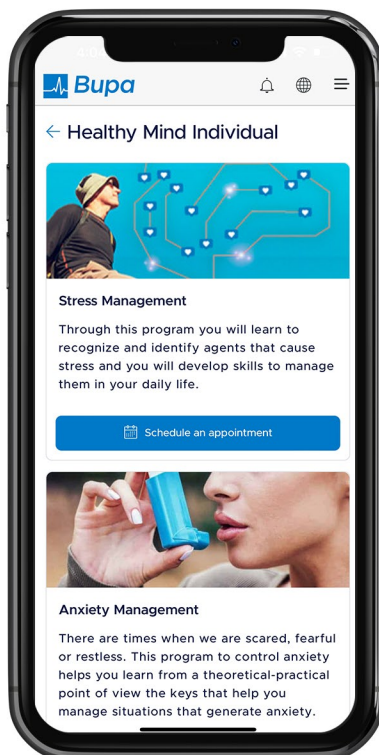


Once in the app, log in to **Mi Bupa** using your username and password.



2. **Choose the option "Health Programs"**

Look for the "Blue" button to view the list of available programs.



- **Select "Healthy Programs" and click on Request Appointment.**

Confirm your time zone, click on Schedule, and select your preferred date and time. After clicking on Schedule, a summary of your appointment will be displayed.



3. **You will receive an email with the details of your appointment and a link to join the session.**

This link will be activated on the date and time of your appointment, allowing you to connect. You will need to enable your microphone and camera.

We've updated
My Bupa Latinoamerica App
to make your life easier

*If the app indicates that an update is required, please select the update button.

*The availability and functionality of Blue services vary depending on your location, age, and product.

*Medical video consultations are provided by the supplier Memorial International TPA LLC and its affiliates, through the Mi Bupa app.

*Terms and conditions apply. Visit www.bupasalud.com for more information.

For information on data protection, visit and review our Privacy Notice..