



Reach a doctor 24/7

The Teladoc® solution

Teladoc is the on-demand health care solution that gives you the medical care you need, when you need it. You can talk to a doctor anytime, anywhere about non-emergent medical conditions.

Benefits of Teladoc



- Saves time and money
- Quicker recovery from illness
- Convenient prescriptions
- Choice of consultation method
- Great health means peace of mind

With Teladoc, you can talk to a doctor 24/7/365 by phone, online video or mobile app. Use Teladoc for medical advice and care when:

- Your primary care doctor is not open.
- You are at home, traveling or do not want to take time off work to see a doctor.
- You need a prescription or refills*.
- Behavioral health concerns, such as depression, stress, Post-traumatic stress disorder, panic disorder and family issues.

**Please note, there is no guarantee you will be prescribed medication.*

Effective January 1, 2023, members may be charged a \$50 fee for no-shows and cancellations within 24 hours of a scheduled mental health visit.

Behavioral health and general health copays are covered at 100 percent under your plan.

Highly qualified, experienced doctors

When you use Teladoc, your medical questions will be answered by a highly qualified doctor. Teladoc doctors are:

- Experienced—with an average of over 10–15 years in practice.
- Progressive—using the latest technology to provide excellent care.
- U.S. board-certified and state-licensed.
- Specially trained in telemedicine.

There's more than one way to reach a doctor



By phone.

Just call **1.800.835.2362**.



Online.

Simply request a video consultation online at www.Teladoc.com.



On the go.

You can download the Teladoc mobile app by visiting the App Store® or Google Play™.

How to register for Teladoc

You can use Teladoc anywhere you have Internet access. Just:

1. Visit www.Teladoc.com and click *Set Up Account*.
2. Enter your name, date of birth, ZIP code, email address, preferred language and gender and click *Continue*. The system will identify you based on this information. If you're unable to be identified, you'll be directed to Teladoc Customer Service.
3. On the next screen, enter the required information and click *Set up my account*. Your registration is now complete!

Then, you can complete your profile by clicking on *My Medical History*. You can enter your history right after registering or you can come back to finish it later. By finishing it when you register, you'll be ready to request a consultation any time and you won't have to fill out your medical history when you're feeling sick.

Common conditions treated:

- Allergies
- Bronchitis
- Cold/flu
- Headaches/migraine
- Eye/ear infection
- Rash/skin infections
- Sinus infections
- Stomachache/diarrhea
- Urinary tract infections
- Many other conditions



If you have any questions, or run into any problems when setting up your account, call Teladoc at **1.800.TELADOC (1.800.835.2362)**.

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