

## QUALITY CARE ...ANYTIME AND ANYWHERE WITH TELADOC HEALTH

Why wait for the care you need now? Teladoc Health gives you 24/7/365 access to a board-certified physician through the convenience of phone or video consults. Teladoc Health is an independent company that provides telehealth consultation services on behalf of your health plan.



### The care you need

Teladoc Health doctors can treat many of the most common medical conditions, including:

- ◆ Cold and flu symptoms
- ◆ Allergies
- ◆ Bronchitis
- ◆ Urinary tract infections\*
- ◆ Respiratory infections
- ◆ Sinus problems
- ◆ Behavioral health and dermatology services may also be covered.

They can also write prescriptions, according to the regulatory guidelines of your state.

\*Some services may have age restrictions.

### When you need it

Teladoc Health has a national network of doctors ready to answer your call. With an average call-back time of only eight minutes, you can forget about spending hours in the waiting room. Now, you can quickly and easily consult an experienced doctor from the comfort of your home.

### It's easy to get started

Register for Teladoc Health now — don't wait till you are sick! Call **866-789-8155**, or start by logging in to **My Health Toolkit**.

1. Select **Providers & Services, Telehealth**, then **Teladoc**. This will take you to the Teladoc site.
2. Your insurance information will appear so you can easily complete your registration.
3. From the My Health Toolkit app, select **Find Care**, then **Teladoc Health**.

Want to know more? Please visit your health plan's My Health Toolkit website to learn more about using Teladoc Health.