

When you need affordable care, **you've got Teladoc!**

Stretch your healthcare dollars by connecting with Teladoc the next time you're sick. With Teladoc, you can speak with a U.S. board-certified doctor 24/7 by phone or video for many non-emergency illnesses.

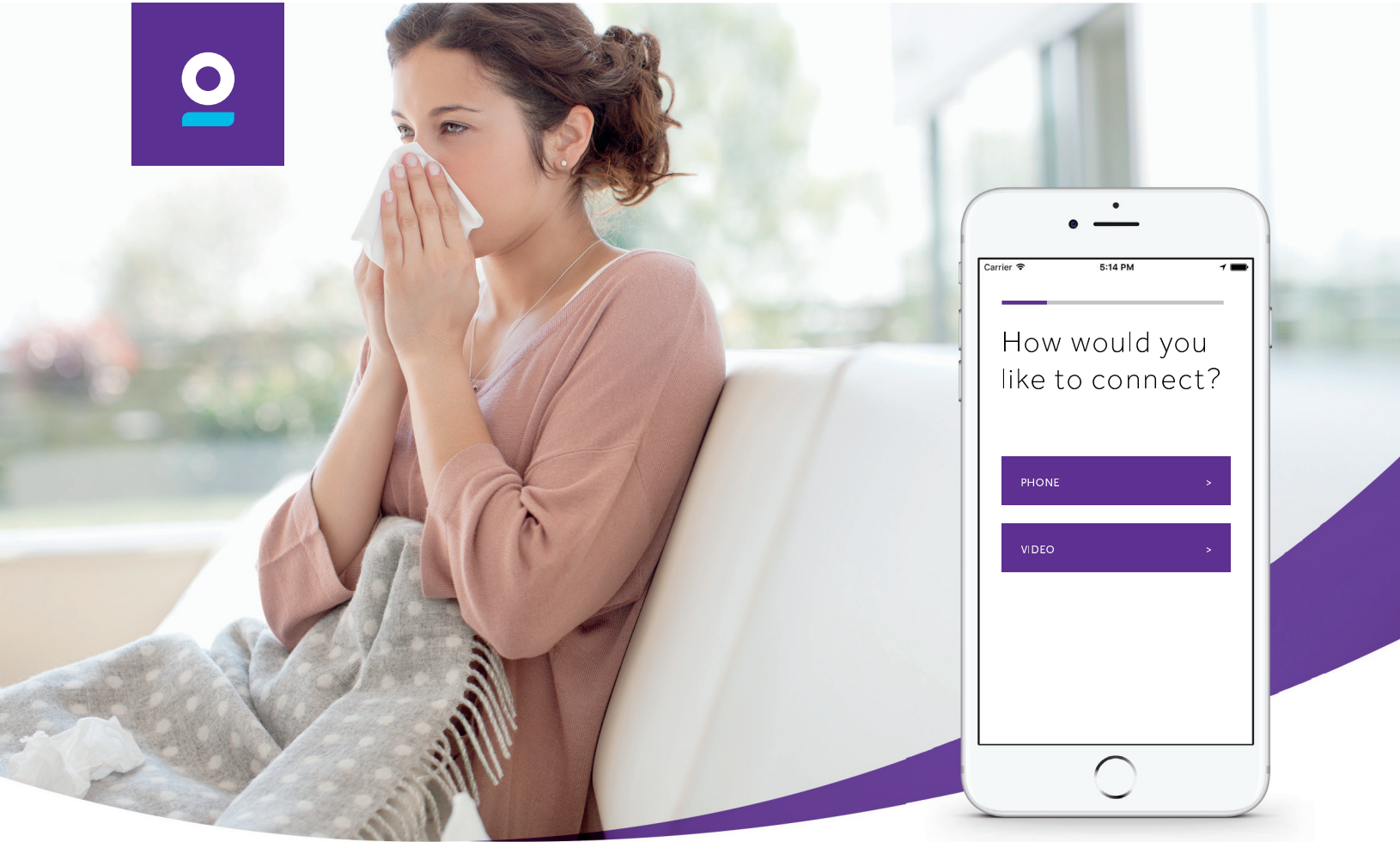
Receive affordable care for:

- Sinus infection
- Flu
- Cough
- Sore throat
- Rash
- Allergy
- Upset stomach
- Nausea and more

Talk to a doctor for free

 MyDrConsult.com  1-800-DOC-CONSULT (362-2667)   Download the app





When allergy season has you in tears, **you've got Teladoc!**

Untreated allergies can turn into a sinus infection or trigger an asthma attack, making allergy season nothing to sneeze at. Teladoc's U.S.-licensed doctors are available 24/7 to provide care for non-emergency conditions like the allergies, upper respiratory infections, asthma and more. When medically necessary, you can get a prescription.

“When I used Teladoc, the doctor responded quickly, understood the symptoms and was knowledgeable about allergies. - Melissa B”

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FROM THE CDC: DIVISION OF BACTERIAL DISEASES*

Antibiotics are not always the answer

Most cough and cold illnesses are caused by viruses. Antibiotic use can only cure bacterial illnesses—not viral illnesses. Viral illnesses, like colds, usually go away without treatment in a week or two. When an antibiotic is not prescribed, ask your doctor or pharmacist what can be used to relieve symptoms.

VIRUSES CAUSE COMMON ILLNESSES LIKE:

Cold and flu
Runny noses
Most coughs

Most bronchitis
Most sore throats
Most sinus infections



Taking antibiotics for viral illnesses:

- Will NOT cure you or your child's illness.
- Will NOT help you or your child feel better.
- Will NOT keep others from catching you or your child's illness.

There are risks when taking any prescription drug

Antibiotic use can cause complications, ranging from an upset stomach to a serious allergic reaction. Your doctor will weigh the risks and benefits before prescribing an antibiotic.

Antibiotics only treat bacterial infections

If you have a viral infection like a cold, talk to a doctor or pharmacist about symptom relief. This may include over-the-counter medicine, a humidifier, or warm liquids.

Antibiotics are life-saving drugs

Using antibiotics wisely is the best way to preserve their strength for future bacterial illnesses.

Most sore throats DO NOT require an antibiotic

Only 1 in 5 children and 1 in 20 adults seen by a doctor for a sore throat has strep throat, which is treated with an antibiotic. Your doctor can only confirm strep throat by running a test.

Green mucus is NOT a sign that an antibiotic is needed

As the body's immune system fights off an infection, mucus can change color. This is normal and does not mean you need an antibiotic.

 [MyDrConsult.com](https://www.teladoc.com)

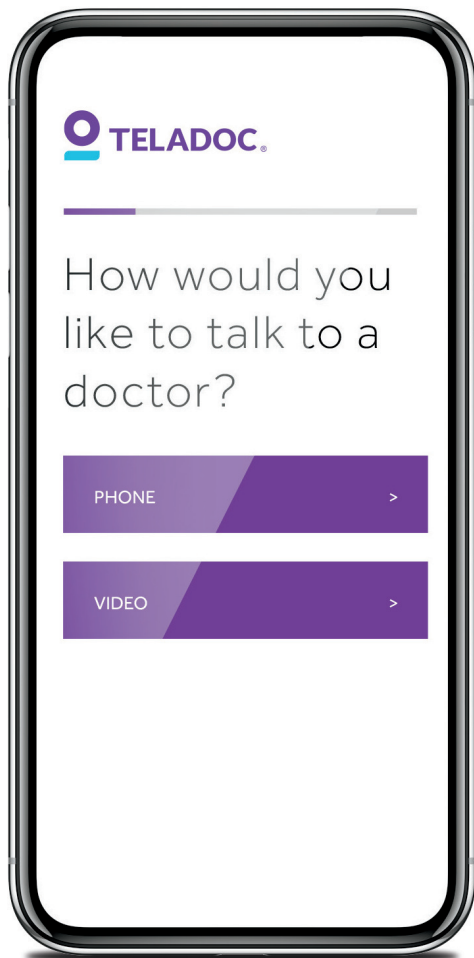
 [Facebook.com/Teladoc](https://www.facebook.com/Teladoc)

 **1-800-DOC-CONSULT (362-2667)**

 [Teladoc.com/mobile](https://www.teladoc.com/mobile)

Set up your Teladoc account

in 4 easy steps



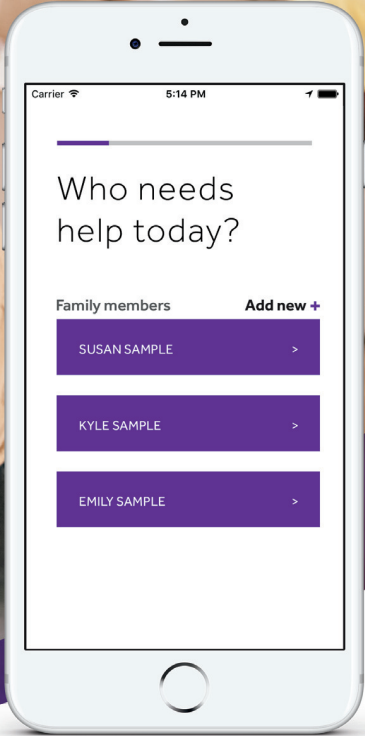
Download the app to talk to a doctor anytime, anywhere by phone or video.

- 1 Download the app**
Search for "Teladoc" in the App Store or on Google Play.
- 2 Set up your account**
Once you've downloaded the app, select "Set up your account."
- 3 Enter basic contact information**
Provide some information about yourself to confirm your eligibility. We'll confirm we found your benefits and you'll continue creating your account.
- 4 Create your account**
Enter your address and phone number, create a username and password, pick security questions, and agree to terms and conditions.

Download the app to talk to a doctor for free

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When her smile turns upside down, **you've got Teladoc!**

Did you know that your eligible dependents can get 24/7 medical coverage from Teladoc? Simply log into your account to add dependents 17 and younger to your account.

Common illnesses we treat in children include:

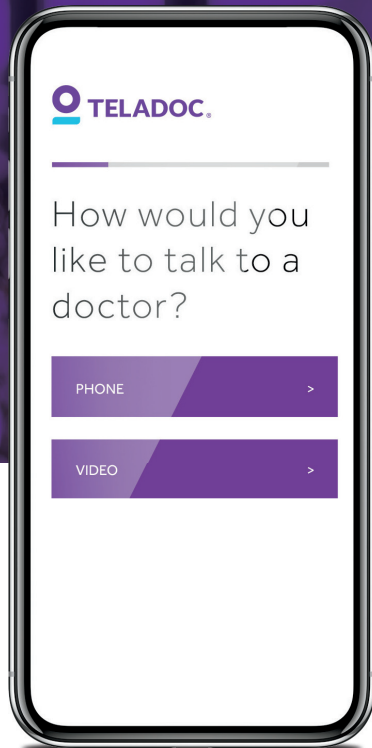
- Sinus infection
- Flu
- Cough
- Sore throat
- Rash
- Pink eye and more!

Adult dependents 18 and older also have access to Teladoc. An email will be sent to them to set up their own account after you add them to your account.

Talk to a doctor for free

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Talk to a doctor anytime by phone or video.

Download the Teladoc app for an easy way to feel better, faster.



Talk to a doctor anytime

Talk to a U.S. board-certified physician by phone or video from anywhere



Treatment for non-emergency conditions

Our doctors treat conditions like the flu, bronchitis, and much more



Avoid the waiting room

Talk to a doctor without waiting hours or weeks for care

Talk to a doctor for free

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Don't let sickness **slow you down.**

Talk to a doctor by phone or video 24/7.

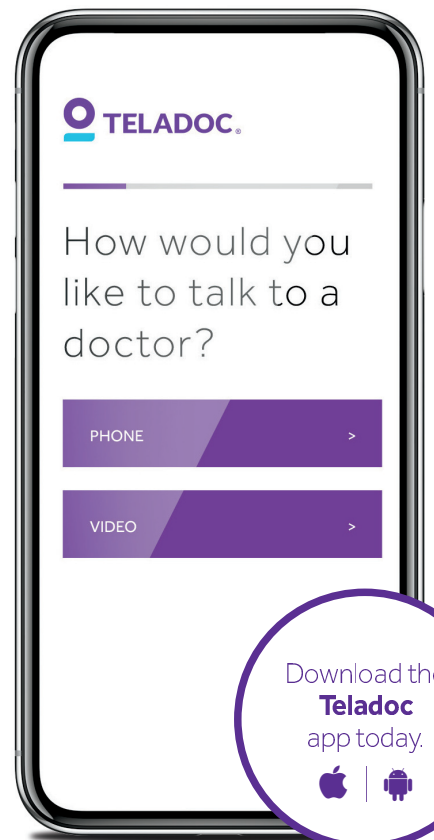


Teladoc is included in your health benefits.

We're here to help you and your family feel better while traveling, at work, or at home—day or night. Wherever you are, you've got access to doctors all year long by phone or video.

Get treated for:

- Flu
- Sore throats
- Pink eye
- Bronchitis
- Sinus infections
- Rashes
- Allergies
- And more

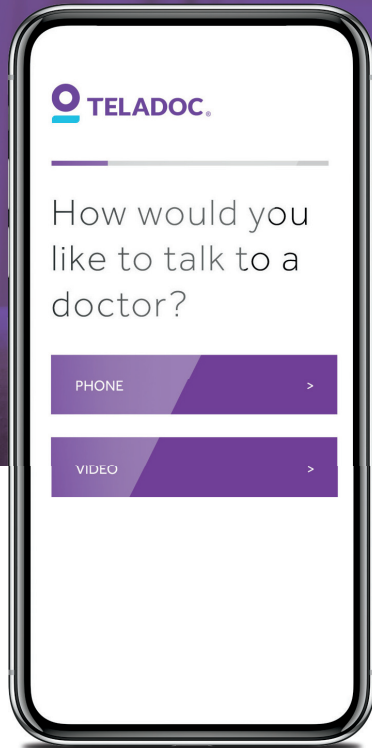


Talk to a doctor 24/7 for free /visit.

Call 1-800-TELADOC (835-2362) | Visit MyDrConsult.com

Download the app





You've got Teladoc

Talk to a doctor anytime,
anywhere by phone or video.

Set up your account today to talk to a U.S.-licensed physician for non-emergency medical conditions like the flu, sinus infections, bronchitis, and much more.



Create account

Use your phone, the app, or the website to create an account and complete your medical history



Talk to a doctor

Request a time and a Teladoc doctor will contact you



Feel better

The doctor will diagnose symptoms and send a prescription if necessary

Talk to a doctor for free

 MyDrConsult.com  1-800-DOC-CONSULT (362-2667)   Download the app

Have you filled out **your medical history yet?**

Why a confidential medical history is important

Before you speak with a Teladoc doctor, they'll want to know about any past or current illnesses, as well as current medications and family history.

Teladoc is HIPAA compliant and all information is confidential. Your company cannot view your medical history. With your consent, Teladoc will share details of your visit with your primary care doctor.

Once you've completed your medical history, you'll be ready to talk to a doctor for free

Complete your medical history at:

MyDrConsult.com

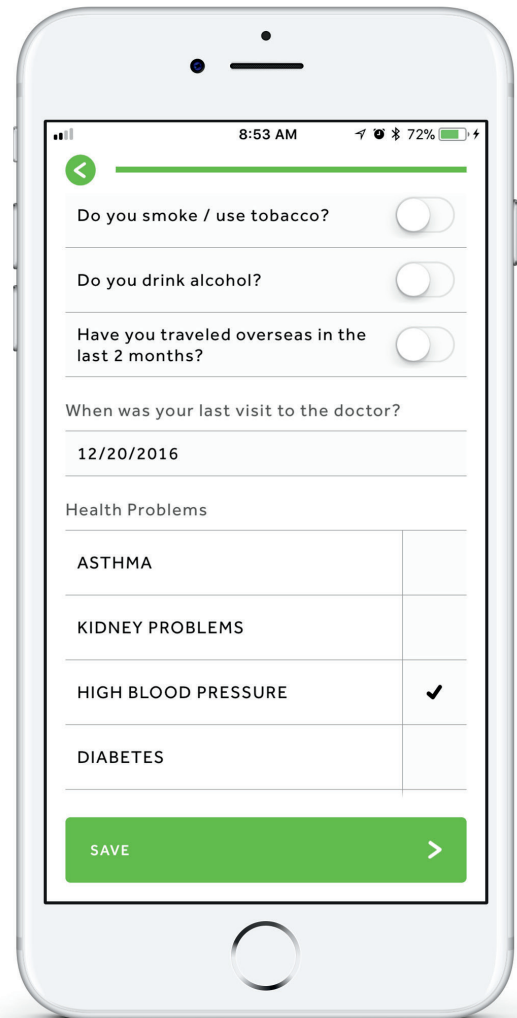
Log in to the Teladoc website and complete "My Medical History"

Download the app

Log in to your account and complete "Medical History" section

1-800-TELADOC (835-2362)

Speak to a customer service rep for help



Member

Frequently Asked Questions

What is Teladoc?

Teladoc provides 24/7 access to U.S. board-certified doctors by phone or video for many non-emergency illnesses, including flu, allergies, sinus infections, and more.

Who are the Teladoc doctors?

Teladoc doctors are licensed internists, family doctors, and pediatricians. They average 20 years of experience and are licensed to practice in your state.

Does Teladoc replace my doctor?

No. Teladoc doesn't replace your primary care doctor. Teladoc should be used for non-emergency illnesses when it is not convenient to get to the doctor or it is outside of regular office hours.

How do I talk to a Teladoc doctor?

You can connect with a doctor via phone or video.

How do I set up my Teladoc account?

Visit the website listed below and click "Member Login." You can also download the mobile app or call the number below.

How do I request a visit?

Log in to your account online or via the app and click "Request a Consult." You can also request a visit by calling the number below.

Is there a time limit when talking with a doctor?

There is no time limit for visits.

Am I charged more for talking longer?

There is no extra charge for longer doctor visits.

Can Teladoc doctors write a prescription?

Yes, Teladoc doctors can prescribe medication when medically necessary. Visit teladoc.com/prescription-policy for details.

If the Teladoc doctor recommends that I see my primary care doctor or a specialist, will I be charged?

Just like any doctor appointment, there is a fee for the consulting doctors time. However, your plan covers this cost.

Can my primary care doctor get a record of my Teladoc visit?

With your consent, we'll send an electronic copy of your Teladoc visit to your primary care doctor.

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