

# Did you know? You have Teladoc



**You have access to a doctor 24 hours, 7 days a week with Teladoc®.**

You already have access to Teladoc and you can talk to a doctor now for free.  
Set up your account by web, phone or mobile app.

## SET UP YOUR ACCOUNT IN **3 EASY STEPS**



### **Contact Teladoc 24/7/365**

Access to Teladoc's nationwide network of board-certified doctors is available to you by phone, video or mobile app.



### **Talk with a physician**

A doctor will review your medical history and contact you in minutes.



### **Resolve the issue**

A doctor will diagnose and prescribe medication, if medically necessary, to the pharmacy of your choice.

\* Members on a high deductible health plan will be charged \$50 until plan CYD is met.

## Talk to a doctor anytime for **free!**\*

Teladoc is just a click or call away!



**Teladoc.com**



**1-800-Teladoc (835-2362)**



# A calm mind is a tap away

## How is your emotional well-being?

If something is weighing you down, talking to someone can help. Teladoc's® licensed therapists are available 7 days a week. Choose your therapist, pick a time that is convenient for you and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

## Teladoc therapists can treat:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family & marriage issues
- And more

## \$0 copay per visit.

Members enrolled in a high-deductible medical plan must first meet annual calendar year deductible.

Get confidential therapy quickly and conveniently.

## Schedule a session today.

Teladoc.com | Download the app |  | 



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Health Plan

**Available to members and eligible dependents 18 and older.**

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