

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

Teladoc.com 1-800-TELADOC (835-2362) Download the app



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Peace of mind starts here.

Now available:

Access to a licensed therapist by phone or video

Don't wait to get the support you need. In addition to your Teladoc General Medical services, you now have Mental Health. Get confidential counseling seven days a week for conditions like depression, anxiety, stress, marital or family issues, and much more by phone or video.

Schedule your appointment today.

Therapist **Free** /session

Psychiatrist **Free** /evaluation
 Free /ongoing session

The benefits of using Mental Health

- ✓ Choose the therapist you think would best fit your needs
- ✓ Speak with a therapist from any location
- ✓ Schedule an initial or ongoing appointment on your time
- ✓ Confidential treatment

Teladoc doesn't offer a crisis hotline. Appointments must be scheduled.

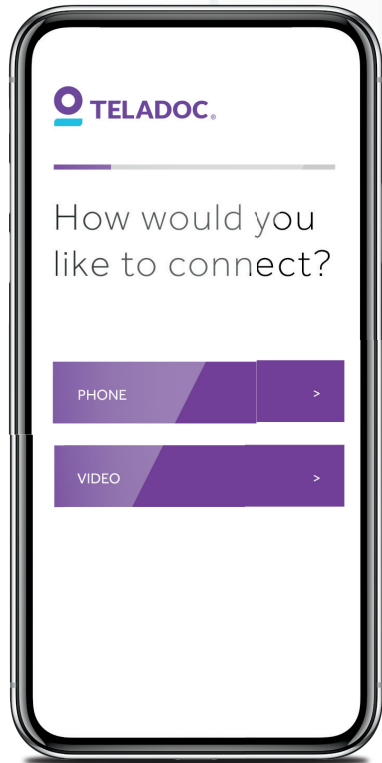

Confidential therapy on your terms

 Teladoc.com   Download the app






Eat well. Live well. Stay well.

Now available: Nutrition visits by phone or video.



You now have access to our new Nutrition service.

Talk to a registered dietitian for help with staying healthy, eating right, or managing a health condition like diabetes or high blood pressure.

-  Schedule your visit 7 days a week (7 a.m. to 9 p.m. local time)
-  Talk to a registered dietitian by phone or video
-  Get a personalized diet plan to meet your health needs

Schedule your visit today for N/A

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