



## Reach a doctor 24/7

*The Teladoc<sup>®</sup> solution*

Teladoc is the on-demand healthcare 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\*.

*\*Please note, there is no guarantee you will be prescribed medication. However, copayment for services may apply.*

### 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 **1.800.362.2667**.



**Online.** Simply request a video consultation online at [www.MyDrConsult.com](http://www.MyDrConsult.com).



**On the go.** You can download the Teladoc mobile app by visiting the App Store or Google Play.

### Common conditions treated:

- Allergies
- Bronchitis
- Cold/flu
- Headaches/migraines
- Eye/ear infection
- Rash/skin infections
- Sinus infections
- Stomachache/diarrhea
- Urinary tract

### Our members love Teladoc

*"We had a good experience with the doctor. She called and talked to me, and gave great service. I had no problem picking up my prescription. This is a really good service."*

Contact a Teladoc physician at **1.800.362.2667**, or by visiting [www.MyDrConsult.com](http://www.MyDrConsult.com).

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## How to register for Teladoc

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

1. Visit [www.MyDrConsult.com](http://www.MyDrConsult.com) and click *Set Up Account*.
2. Enter your name, contact information and birthday. Select if you have a username (if you have a username, it'll be listed on your Teladoc membership card. Not all members have a username, so don't worry if you can't find one).
3. If you have a username, enter it and click *Continue*. If you select that you do not have a username, additional options will appear.
4. If you select *My employer or insurance provider offers me access to Teladoc*, enter your company's name in the field below *Who is your employer or insurance provider?* Once you enter at least three letters, you'll see a drop-down box. Then, simply select your employer from that list.
5. You can also select *I have a Teladoc ID Card that shows a website that is different from Teladoc.com* (ex: *Teladoc.com/somethingelse*). Click the drop-down box and select [www.MyDrConsult.com](http://www.MyDrConsult.com).
6. 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.

If you have any questions, or run into any problems when setting up your account, call Teladoc at **1.800.DOC.CONSULT (1.800.362.2667)**.

