Teladoc® HEALTH

Reach a doctor 24/7

General Medical



Teladoc Health® is the on-demand health care 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 using Teladoc Health

- Saves time and money
- Quicker recovery from illness
- Convenient prescriptions
- Choice of consultation method
- More peace of mind

With Teladoc Health, you can talk to a doctor 24/7/365 by phone, video or on the mobile app. It can be a great choice for medical advice and care when:

- Your primary care doctor is not open.
- You're at home, traveling or don't 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.

Members may be charged a $50 fee for no-shows and cancellations within 24 hours of a scheduled mental health visit.

Refer to your summary plan description (SPD) for information on behavioral health and general health copays.

Highly qualified, experienced doctors

When you use Teladoc Health, your medical questions will be answered by a highly qualified doctor. Teladoc Health doctors are:

- U.S. board-certified and state-licensed.
- Specially trained in telemedicine.
- Experienced, with an average of over 10–15 years in practice.
- Progressive, using the latest technology to provide excellent care.

Our members love Teladoc Health

"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."



Meritain Health®

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Common conditions treated include:

- Allergies.
- Bronchitis.
- Cold or flu.
- Headaches or migraines.
- Eye or ear infections.
- Skin irritations and rashes.
- Respiratory infections.
- Sinus infections.
- Stomachache.
- Urinary tract infections.
- Many other conditions.



More than one way to reach a doctor

By phone. Just call **1.800.835.2362**.

Online. Simply request a video consultation online at **www.Teladoc.com**.

On-the-go. You can download the Teladoc Health mobile app by visiting the App Store® or Google Play™.

Registering for Teladoc Health

You can use Teladoc Health anywhere you have internet access. To get started:

1. Visit **www.Teladoc.com** and click *Set Up Account*.
2. Enter your name, date of birth, ZIP code, email address, preferred language and gender and click *Continue*. The system will identify you based on this information. If you're unable to be identified, you'll be directed to Teladoc Health Customer Service.
3. On the next screen, enter the required information and click *Set up my account*. Your registration is now complete!

Complete your profile by clicking on *My Medical History*. You can enter your history right after registering or come back to finish it later.

If you have any questions, or run into any problems when setting up your account, call Teladoc Health at 1.800.TELADOC (1.800.835.2362).

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Simple. Transparent. Versatile.
At Meritain Health®, we're creating unrivaled connections.

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