

When You Don't Have Time to Wait, You've Got Teladoc!

Provides 24/7 Access to Care

When you or a family member don't feel well and your primary care doctor or your child's pediatrician can't see you right away, you can now get care within minutes without leaving home with Teladoc.

For a cost that's less than an urgent care or ER visit, Teladoc gives you 24/7/365 access to U.S. board-certified doctors by web, phone or mobile app. It's a more convenient and affordable option for quality medical care. And there's no obligation or extra monthly fee.

Getting Started

Set up your account today—so when you need care, a Teladoc doctor is just a call or click away.

How Does Teladoc Work?

1

Register

3 easy ways: download the mobile app, visit the Teladoc website or call the number below.

2

Provide Medical History

Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.

3

Request a Visit

That's it! The next time you need immediate care for a non-emergency illness, you have another option.

The Teladoc Difference

Teladoc can help with many non-emergency illnesses, including:

- Sinus infection
- Flu
- Cough
- Sore throat
- Rash
- Allergies
- Upset stomach
- Nausea
- Other minor health issues and more



Talk to a doctor anytime.

Call today 1-800-Teladoc (835-2362) or visit [Teladoc.com](https://www.teladoc.com)

Teladoc is an independent company contracted by Florida Blue to provide physician visits via phone or online video to members with non-emergent medical issues. Teladoc is only available in the U.S. Teladoc® is a trademark of Teladoc, Inc.

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¡Cuando no tiene tiempo para esperar, tiene a Teladoc!

Proporciona acceso a atención las 24 horas del día, los 7 días de la semana

Cuando usted o un miembro de su familia no se siente bien, y su médico de cabecera o el pediatra de su hijo no puede atenderlo de inmediato, ahora puede recibir atención en minutos con Teladoc, sin tener que salir de su hogar.

Por un costo menor al de un centro de atención de urgencias o una sala de emergencias, Teladoc le da acceso a médicos certificados en los Estados Unidos las 24 horas del día, los 7 días de la semana, los 365 días al año, por Internet, por teléfono o por la aplicación móvil. Es una opción más conveniente y económica para una atención médica de calidad. Y no tiene ninguna obligación, ni una tarifa mensual adicional.

Cómo comenzar

Cree su cuenta hoy mismo, así cuando necesite atención, un médico de Teladoc estará disponible con solo una llamada o un clic.

¿Cómo funciona Teladoc?

1

Regístrese

3 maneras fáciles: descargue la aplicación móvil, visite la página de Internet de Teladoc o llame al número que aparece abajo.

2

Proporcione historial médico

Su historial médico le da a los médicos de Teladoc la información que necesitan para realizar un diagnóstico preciso.

3

Solicite una visita

¡Eso es todo! La próxima vez que necesite atención médica de inmediato por alguna situación que no sea de emergencia, usted tiene otras opciones.

La Diferencia de Teladoc

Teladoc puede ayudarle con muchas situaciones que no sean de emergencia, incluyendo:

- Infección por sinusitis
- Gripe
- Tos
- Dolor de garganta
- Erupciones
- Alergias
- Malestar estomacal
- Náuseas
- Otros problemas de salud leves y mucho más



Hable con un médico en cualquier momento.

Llame hoy al 1-800-Teladoc (835-2362) o visite Teladoc.com.

Teladoc es una compañía independiente contratada por Florida Blue para proporcionar visitas médicas por teléfono o por video en Internet a los miembros con situaciones médicas que no son de emergencia. Teladoc está disponible solo en los Estados Unidos. Teladoc® es una marca registrada de Teladoc, Inc.

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Este documento es una traducción de su original escrito en inglés. Los términos en inglés prevalecerán en caso de alguna disputa con respecto al significado de este documento o sus términos.



How to set up your Teladoc account

Simply download the Teladoc app and follow the four steps you see below.

1. Let's start by finding your benefits

First name
Last name
Date of birth
ZIP code
Email address
Preferred language
Gender

1 Confirm benefits

Provide some information about yourself to confirm your eligibility.

2. Benefits found! Please confirm below

TELADOC APP
CONFIRM MY BENEFITS

2 Benefit confirmation

We'll confirm that we found your benefits so you can finish creating your account.

3. Nearly done...please provide your address and phone

Street address 1
City
State
Zip code
Preferred phone number
Preferred language

3 Create account

Provide your contact information and preferred language.

4. Perfect! Let's tie up the details

Username
Password
Confirm password
Security question

4 Complete account

Create a username, password and pick security questions to ensure your account is secure.

Set up your Teladoc account today

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

Call 1-800-TELADOC (835-2362) | Download the app

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You Don't Have to Leave Home to See the Doctor

Virtual Visits Deliver Care Anytime, Anywhere



Sometimes it's not easy to get to the doctor's office when a health issue pops up. Try a virtual visit, and see the doctor anytime, from anywhere.

Virtual visits let you speak securely by online video with your family doctor, specialist or mental health therapist. Your cost share is as little as \$0¹!

Many Florida Blue doctors and therapists now offer virtual visits. If yours doesn't or if they aren't available, you can schedule a virtual visit using Teladoc, the nation's largest virtual health care company. Just sign up on the Teladoc website or app and speak with a U.S. board-certified doctor within minutes. Or schedule an appointment with one of Teladoc's licensed behavioral health therapists. Your cost share is still as little as \$0¹!

Medical

Primary Care	Specialists
Try a virtual visit with a primary care doctor when you have a non-emergency illness like:	Consider a virtual visit for follow-up care from your:
Flu	Cardiologist
Rashes	Dermatologist
Sinus infections	Gastroenterologist
Cough	Endocrinologist
Sore throat	Neurologist
Other minor issues	Or other specialists

It's easy

- ✓ Call your in-network doctor and ask if they offer virtual visits. They already know you and have access to your medical records.
- ✓ If your primary care doctor doesn't offer virtual visits or if you need care after hours, Teladoc offers primary care 24/7. Teladoc also offers specialist care for dermatology and mental health.
 - Register by downloading the Teladoc mobile app, visit [Teladoc.com](https://www.teladoc.com) or call 800-TELADOC (835-2362).
 - Fill out your medical history.
 - Request a visit. State the reason for your visit and your preferred time.
 - Enter the virtual waiting room for your appointment.

During a virtual visit, you can be diagnosed, treated and prescribed medication. If you use Teladoc, details of your visit can be shared with your family doctor at your request.

Mental Health Care

Use a virtual visit with a mental health doctor or therapist to help you find peace of mind when you're experiencing:

- Anxiety
- Depression
- Substance abuse
- Grief
- Family issues
- Eating disorders

It's easy

- ✓ Call your Florida Blue network mental health doctor or therapist and ask if they offer virtual visits. If they do, you can schedule an appointment right away!
- ✓ If your doctor doesn't offer virtual visits or if you need care after hours, Teladoc offers mental health visits from 9 a.m.- 9 p.m.
 - Register by downloading the Teladoc mobile app, visit [Teladoc.com](https://www.teladoc.com) or call 800-TELADOC (835-2362).
 - Fill out your medical history.
 - Select your therapist from a list of providers. Fill out an emotional health questionnaire and choose your preferred dates and times.
 - A Teladoc therapist will schedule an appointment and confirm it with you.

Your Cost Share as Low as \$0

In-network	
Family doctor Mental health doctor or therapist	As low as \$0¹
Specialist	Same cost share as an office visit
Teladoc	
General medicine doctor Mental health therapist	As low as \$0¹
Dermatology	Same cost-share as a specialist visit

¹\$0 cost share does not apply to Health Savings Account (HSA) plans. Please refer to your health policy for specific benefits for virtual visits.

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

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ATANSYON: Si w pale Kreyòl ayisyen, ou ka resevwa yon èd gratis nan lang pa w. Rele 1-800-352-2583 (pou moun ki pa tande byen: 1-800-955-8770).

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