



Getting started with Teladoc®

Teladoc's U.S. board-certified doctors are available 24/7/365 to resolve many of your medical issues through phone or video consults. Set up your account today so when you need care now, **a Teladoc doctor is just a call or click away.**

SET UP YOUR ACCOUNT

It's quick and easy online. Visit the Teladoc website at Teladoc.com/Feelbetter, click "Set up account" and provide the required information. You can also call Teladoc for assistance over the phone.

REQUEST A CONSULT

Once your account is set up, request a consult anytime you need care.

PROVIDE MEDICAL HISTORY

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

Online: Log into Teladoc.com/Feelbetter and click "My Medical History".

Mobile app: Log into your account and complete the "My Health Record" section. Visit Teladoc.com/mobile to download the app.

Call Teladoc: Teladoc can help you complete your medical history over the phone.

Talk to a doctor anytime for Free

 Teladoc.com/Feelbetter

 [Facebook.com/Teladoc](https://www.facebook.com/Teladoc)

 **1-855-VIP-DOCS**

 Teladoc.com/mobile



Download the app:

SET UP YOUR TELADOC ACCOUNT NOW!

HAVE 24/7 ACCESS TO A DOCTOR OVER THE PHONE, WHEN AND WHERE YOU NEED IT.



Visit Teladoc.com/feelbetter.

2 Enter your name, date of birth and Member #
(exactly as printed on your card/booklet)

3 Click **Set Up Account**

COMPLETE YOUR MEDICAL HISTORY DISCLOSURE (MHD)

1 Complete all fields on the Personal Information page

2 Create My Login Information

3 Enter your medical history

4 Click **Continue** on the Billing Information page (\$0 for you)

5 Follow the instructions to review and confirm

6 Click **My Medical History** to add more medical info & **My Family** to add dependents

WHEN TO USE TELADOC

- Cold and flu symptoms
- Bronchitis
- Respiratory infection
- Sinus problems
- Allergies
- Urinary Tract Infection
- Pink eye



If you have any issues, please call
1.855.VIP.DOCS
(1.855.847.3627).

Now you're ready!
When you need to request a doctor consult, call the Teladoc number above or visit
teladoc.com/feelbetter.

This plan is NOT insurance. The plan is not insurance coverage and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CMR 5.00. This plan provides discounts at certain healthcare providers for medical services. This plan does not make payments directly to the providers of medical services. The plan member is obligated to pay for all healthcare services but will receive a discount from those healthcare providers who have contracted with the discount plan organization. **This discount card program contains a 30 day cancellation period.** Discount Medical Plan Organization: New Benefits, Ltd., Attn: Compliance Department, PO Box 671309 Dallas, TX 75367-1309, 800.800.7616. Website to obtain participating providers: MyMemberPortal.com

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Talk to a  anytime

Teladoc® gives you 24/7/365 access to U.S. board-certified doctors through the convenience of phone or video consults. It's an affordable alternative to costly urgent care and ER visits when you need care now.

WHEN CAN I USE TELADOC?

Teladoc does not replace your primary care physician. It is a convenient and affordable option for quality care.

- When you need care now
- If you're considering the ER or urgent care center for a non-emergency issue
- On vacation, on a business trip, or away from home
- For short-term prescription refills

GET THE CARE YOU NEED

Teladoc doctors can treat many medical conditions, including:

- Cold & flu symptoms
- Allergies
- Bronchitis
- Urinary tract infection
- Respiratory infection
- Sinus problems
- And more!

MEET OUR DOCTORS

Teladoc is simply a new way to access qualified doctors. All Teladoc doctors:

- Are practicing PCPs, pediatricians, and family medicine physicians
- Average 15 years experience
- Are U.S. board-certified and licensed in your state
- Are credentialed every three years, meeting NCQA standards

With your consent, Teladoc is happy to provide information about your Teladoc consult to your primary care physician.

Talk to a doctor anytime for Free

 Teladoc.com

 Facebook.com/Teladoc

 [1-800-Teladoc](tel:1-800-Teladoc)

 Teladoc.com/mobile