

# TELEDOC by App or 1-800-Teladoc (1-800-835-2362)

1. **Request a visit with a doctor** 24 hours a day, 365 days a year, by web, phone, or mobile app.

Want to see the doctor? Choose **“video”** as the method for your visit. Feeling camera shy? Choose **“phone.”** Got a busy schedule? Select a time that’s best for you by choosing **“schedule”** instead of “as soon as possible.”

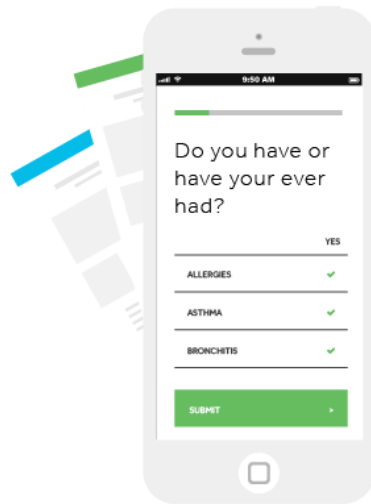
## A nationwide network

We’ll search our national network of U.S. board-certified physicians, dermatologist and therapists and pair you with a doctor licensed in your state.<sup>1</sup>

[About our doctors »](#)

## Review of medical records

The doctor will review your medical records. Your medical history provides valuable information to the doctor regarding past conditions, medications, allergies as well as information about your family’s medical history.



## VISIT

2. **Talk to the doctor.** Take as much time as you need.... there’s no limit!

We lead the market with the industry’s most comprehensive suite of telehealth services. You can receive convenient, quality care from a variety of licensed healthcare professionals.

## Physician

### FOR ISSUES LIKE:

- Cold & flu symptoms
- Bronchitis
- Allergies
- Pink eye

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- Urinary tract infection
- And more!

## Dermatologist<sup>1</sup>

### FOR ISSUES LIKE:

- Skin infection
- Acne
- Skin rash
- Abrasions
- Moles/warts
- And more!

## Therapist<sup>1</sup>

### FOR ISSUES LIKE:

- Stress/anxiety
- Depression
- Addiction
- Domestic abuse
- Grief counseling
- And more!

## RESOLVE

3. If medically necessary, a **prescription** will be sent to the **pharmacy of your choice**.

Receive the treatment you need in a timely, expedient manner. In addition, you have the ability to send your visit results to your primary care physician.



## FEEL BETTER

It's that **easy**.

1. Specialist services may not be available to all members.