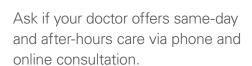
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Virtual care

Get access to medical care anytime anywhere



When your plan starts, you can also use Teladoc® to get treated by a doctor anytime anywhere in the United States.* You usually pay \$40 or less for a consultation with a Teladoc physician.

Teladoc does not replace your family doctor or primary care physician. It's an affordable alternative to costly urgent care and ER visits when you need care now. Teladoc doctors can treat many medical conditions, including cold and flu symptoms, allergies, bronchitis, urinary tract infections, and more.

Whether you get care from your doctor or Teladoc, your health plan deductible and office visit copays and coinsurance apply.



Getting started with Teladoc

Teladoc's U.S. board-certified doctors are available to resolve many of your medical issues through phone or video consults.* When your plan starts, set up your account so when you need urgent care, a Teladoc doctor is just a call or click away.

Set up your account

It's quick and easy online. Visit **teladoc.com/premera**, click "Set up account" and provide the required information. You can also call Teladoc at **855.332.4059** for assistance.

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/premera 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.

PHONE: Call Teladoc at 855.332.4059 for help with completing

your medical history over the phone.

^{*} Teladoc operates subject to state regulation and may not be available in certain states. Teladoc phone consultations are available 24 hours a day, 7 days a week; video consultations are available 7 a.m. to 9 p.m., 7 days a week.

