



# Reach a doctor 24/7

## The Teladoc<sup>TM</sup> solution

Teladoc is the on-demand healthcare 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 Teladoc

-  Saves time and money  
*Your copay is \$0 for this service.*
-  Quicker recovery from illness
-  Convenient prescriptions
-  Choice of consultation method
-  Great health means peace of mind

With Teladoc, you can talk to a doctor 24/7/365 by phone, online video or mobile app. Use Teladoc for medical advice and care when:

- ✓ Your primary care doctor is not open.
- ✓ You are at home, traveling or do not 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.*

### Highly qualified, experienced doctors

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

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

### There's more than one way to reach a doctor

-  **By phone**  
Just call 1.800.362.2667.
-  **Online**  
Simply request a video consultation online at [www.MyDrConsult.com](http://www.MyDrConsult.com).
-  **On the go**  
You can download the Teladoc mobile app by visiting the **App Store** or **Google Play**.

### Common conditions treated:

- ✓ Allergies
- ✓ Bronchitis
- ✓ Cold/flu
- ✓ Headaches/migraines
- ✓ Eye/ear infections
- ✓ Rash/skin infections
- ✓ Sinus infections
- ✓ Stomachache/diarrhea
- ✓ Urinary tract infections
- ✓ Many other conditions

### Our members love Teladoc

*"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."*

### Teladoc mobile app

The mobile app from Teladoc makes access to healthcare even easier. You can download the Teladoc app for your Apple or Android device from the App Store or Google Play. Talk with board-certified doctors 24/7/365—without having to wait for an appointment!

## Getting started is easy

You can set up a Teladoc account a few different ways:

1. **Online.** Visit [www.Teladoc.com](http://www.Teladoc.com) and click *Register*.
2. **Mobile app.** To download the app, just visit the App Store, Google Play or [Teladoc.com/mobileapp](http://Teladoc.com/mobileapp). Once it's on your device, click *Activate Account*.
3. **Call.** Teladoc customer service can help you register your account over the phone. Just call **1.800.362.2667** or text *Get Started* to **1.469.844.5637**.

Make sure to complete your profile by providing your medical history. You can enter your history right after registering or you can come back to finish it later. By finishing it when you register, you'll be ready to request a consultation any time and you won't have to fill out your medical history when you're feeling sick.

Once your account setup is complete, you can request a consult anytime you need care.

**If you have any questions, or run into any problems when setting up your account, call Teladoc at 1.800.DOC.CONCONSULT (1.800.362.2667).**

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[www.meritain.com](http://www.meritain.com)

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