

# Your care, anytime, anywhere

with Teladoc Health



Teladoc Health gives you and your family fast, easy access to board-certified doctors and licensed mental health professionals right from your phone, computer or tablet. Whether you need help with a sore throat at midnight or want to talk to someone about stress, Teladoc Health is here for you.

## Benefits of Teladoc Health



### Skip the waiting room

Get care from home, work or while traveling.



### Save time and money

Avoid unnecessary trips to the emergency room.



### Feel better faster

Most concerns are addressed in the first visit, and 90% of members are satisfied with their care.<sup>1</sup>



### Your privacy is protected

All visits are confidential.

## How to access



[Visit teladochealth.com](http://teladochealth.com)

You can also download the  
Teladoc Health app for iOS or Android

- Register
- Choose your provider
- Schedule a visit
- Connect

## Care options

With Teladoc Health, you have two options for care. You can talk to a doctor anytime, day or night, with the 24/7 care program. You can also connect with a mental health professional for support when you need it. Both options are easy to use and available from anywhere.

### 24/7 care services

Connect with a board-certified doctor anytime, day or night, for nonemergency medical needs.

#### Get help with:

Pink eye, rashes or bug bites

Minor injuries and more

Sore throat, cough or sinus problems

Cold, flu or allergies

Medication for travel



#### Benefits

- On-demand visits, usually within just minutes
- Prescriptions sent to your pharmacy if needed
- Care for all ages
- Multilingual support, including American Sign Language



Of concerns addressed in the first visit<sup>2</sup>



Save an average of **\$465 per visit** compared to ER costs<sup>3</sup>

### Mental health care

Talk to a licensed therapist, psychologist or psychiatrist by phone or video, 7 days a week, from the privacy of your home.<sup>4</sup>

#### Get help with:

Anxiety and depression

Relationship challenges

Stress and burnout

Sleep issues



#### Benefits

- Choose your provider based on specialty, language or background
- Build an ongoing relationship with the same expert
- Flexible scheduling – find a time that works for you
- Available for adults 18+ (psychiatric services and medication management are not available for adolescents)



Of members feel better after just 3 appointments<sup>5</sup>



Your cost is shown up front (varies by plan)

<sup>1</sup>Teladoc Health, Consumer engagement survey results

<sup>2</sup>Teladoc Health data, 12/31/2023, [CRUS-10597]

<sup>3</sup>Teladoc Health claims data from 2018-2019

<sup>4</sup>Therapy/Psychology for ages 13+ & Psychiatry for ages 18+

<sup>5</sup>Teladoc Health, Data Disclosure, CLO044 & CLO045, August 2019