

Did you know? You have Teladoc



You have access to a doctor 24 hours, 7 days a week with Teladoc®.

You already have access to Teladoc and you can talk to a doctor now for free. Set up your account by web, phone or mobile app.

SET UP YOUR ACCOUNT IN **3 EASY STEPS**



Contact Teladoc 24/7/365

Access to Teladoc's nationwide network of board-certified doctors is available to you by phone, video or mobile app.

* Members on a PPO and Surest Health Plan will be charged a \$0 co-pay.

* Members on a High Deductible Health Plan will be charged \$54 before deductible is met and \$0 after deductible.



Talk with a physician

A doctor will review your medical history and contact you in minutes.



Resolve the issue

A doctor will diagnose and prescribe medication, if medically necessary, to the pharmacy of your choice.

Talk to a doctor anytime for free!*

Teladoc is just a click or call away!

 [Teladoc.com](https://www.teladoc.com)

 1-800-Teladoc (835-2362)



A calm mind is a tap away

How is your emotional well-being?

If something is weighing you down, talking to someone can help. Teladoc's® licensed therapists are available 7 days a week. Choose your therapist, pick a time that is convenient for you and then talk to the therapist from the privacy of home or anywhere you feel comfortable.

Teladoc therapists can treat:

- Anxiety
- Depression
- Stress/PTSD
- Panic disorder
- Family & marriage issues
- And more

\$0 copay per visit.

Members enrolled in a high-deductible medical plan must first meet annual calendar year deductible.



Get confidential therapy quickly and conveniently.

Schedule a session today.

[Teladoc.com](https://www.teladoc.com) | [Download the app](#) |  | 



Available to members and eligible dependents 18 and older.

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