



You can access medical care through your phone, computer, or mobile device.

# Teladoc<sup>®</sup>: Your Virtual Office Visit

Use telemedicine to get non-urgent medical care. It's convenient, immediate, and available 24 hours a day, 365 days a year.

Talk to doctors who practice primary care, family care, and more. Telemedicine doctors can prescribe certain medicines.

## Use telemedicine when:

- You feel sick and don't want to leave home.
- You just moved and don't know local doctors.
- Your doctor isn't available.
- You're out of town and need a doctor's advice.
- You have a busy schedule.

## Don't use telemedicine when:

- You need emergency care.
- You need a biometric screening, such as a BMI or blood pressure check.
- Your care requires a review of your health records or x-rays.

## What types of non-urgent conditions are right for telemedicine?

- Cough
- Flu
- Sore throat
- Fever
- Bronchitis
- Sinusitis
- Headache
- Pinkeye
- Painful urination

Remember: Telemedicine does not replace the care of your regular doctor. Only your doctor can provide the full range of care to meet your health needs.

**This benefit will be provided at low or no copay. Please check your Summary of Benefits for more information.**



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