

Telemedicine through Teladoc: 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. Use your phone, computer, or mobile device.

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

Telemedicine is in-network care. And, there's no copay — the set amount you pay for health services each time you use them.

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?

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

You can enroll in telemedicine for free at any time.

- Visit [Teladoc.com/emblemhealth](https://www.teladoc.com/emblemhealth) or call **800-835-2362 (800-Teladoc) (TTY: 711)** to set up your account.
- Complete your medical history.
- Once you register, you are just a call or click away from getting treatment.

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.

Questions?

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