



Your care. Your way.  
**Access your Teladoc  
Health benefits anytime.**



Scan the code to activate  
your benefits

### Primary360

Consult with a primary care provider of your choice for routine checkups, ongoing wellness needs and referrals.

Annual checkups • ongoing wellness visits • manage chronic conditions • complex medical needs • monitor blood pressure • general health concerns

### General Medical

Talk to a board-certified doctor or pediatrician 24/7 for non-emergency conditions.

Prescription refills • sinus infections • allergies • stomach bug • COVID-19 advice • and more

### Mental Health

Talk to a therapist or psychiatrist of your choice 7 days a week from anywhere.

Stress and anxiety • depression • trauma • grief • burnout • medication management



### Dermatology

Upload images and details of your skin issue in the Teladoc Health app. A dermatologist will review them and provide a treatment plan within 24 hours. Follow up via in-app messaging for 7 days after your results.

Eczema • psoriasis • poison ivy • rashes • rosacea • and more

## Set up your account or log in to get started today

Visit [Teladoc.com](https://Teladoc.com)

Call 1-800-TELADOC (835-2362) | Download the app  | 

\*If you are scheduling an annual checkup, your fee will be waived in accordance with your benefits policy.

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