

## Doctors by Phone Teladoc



### HIGHLIGHTS

- 24/7/365 access to a doctor online or by phone
- Fast treatment – Teladoc doctors respond within 24 minutes, on average
- Talk to a Teladoc doctor from anywhere: at home, work, or while traveling
- Save money by avoiding expensive urgent care or ER visits
- \$0 consultation fee
- Teladoc treats conditions like:
  - Cold and flu
  - Allergies
  - Bronchitis
  - Urinary tract infection
  - Respiratory infection
  - Poison Ivy
  - Sinus problems
  - Pink eye

### HOW TO USE

- Log on to [MyMemberPortal.com](http://MyMemberPortal.com), click My Benefits then Doctors by Phone and **Launch Program** to set up your Teladoc account
- Be sure to enter your name and Member ID exactly as it appears on your membership card

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- Complete your Medical History Disclosure before requesting a consult
- To add dependents, click **My Family, Add A Dependent** (adult dependents will receive an email with a unique username—they must log on to their own account to complete their Medical History Disclosure before requesting a consult)
- Click **Request a Consult** from your Teladoc account or call **855.VIP.DOCS** (855.847.3627) to speak with a doctor
- For general benefit information or questions, call **800.800.7616**

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