

# Talk to a doctor anytime by phone or video.

Download the Teladoc app for an easy way to feel better, faster.



### Talk to a doctor anytime

Talk to a U.S. board-certified physician by phone or video from anywhere



### Treatment for non-emergency conditions

Our doctors treat conditions like the flu, bronchitis, and much more



### Avoid the waiting room

Talk to a doctor without waiting hours or weeks for care

## Talk to a doctor for free

1-800-TELADOC (835-2362) | [Teladoc.com](https://www.teladoc.com)

Download the app  

# Have you filled out **your medical history yet?**

## Why a confidential medical history is important

Before you speak with a Teladoc doctor, they'll want to know about any past or current illnesses, as well as current medications and family history.

Teladoc is HIPAA compliant and all information is confidential. Your company cannot view your medical history. With your consent, Teladoc will share details of your visit with your primary care doctor.

Once you've completed your medical history, you'll be ready to talk to a doctor for free

## Complete your medical history at:

### **Teladoc.com**

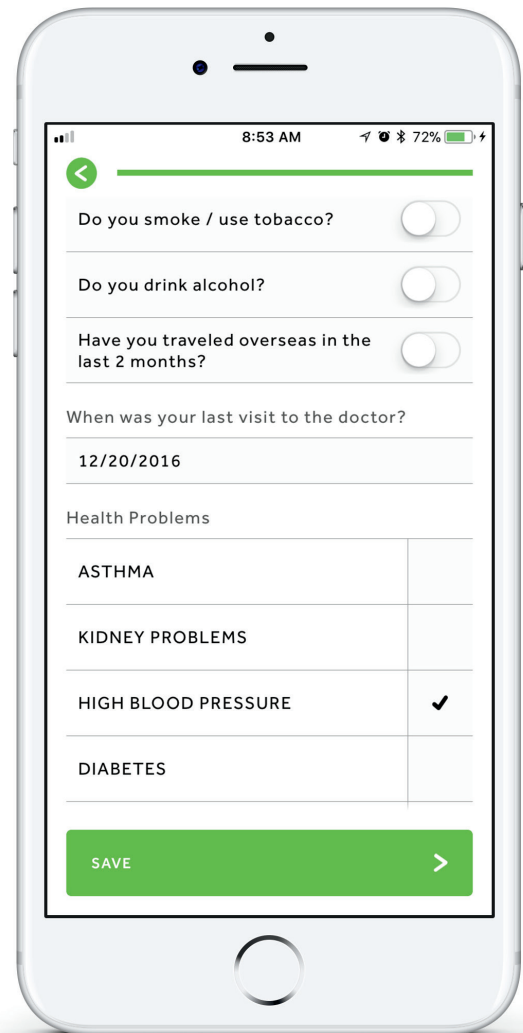
Log in to the Teladoc website and complete "My Medical History"

### **Download the app**

Log in to your account and complete "Medical History" section

### **1-800-TELADOC (835-2362)**

Speak to a customer service rep for help



The image shows a smartphone screen displaying a medical history form. The form includes the following sections and questions:

- Do you smoke / use tobacco?
- Do you drink alcohol?
- Have you traveled overseas in the last 2 months?
- When was your last visit to the doctor?  
12/20/2016
- Health Problems table:

ASTHMA	<input type="checkbox"/>
KIDNEY PROBLEMS	<input type="checkbox"/>
HIGH BLOOD PRESSURE	<input checked="" type="checkbox"/>
DIABETES	<input type="checkbox"/>
- A green "SAVE" button with a right arrow.





Peace of mind  
happens here.

## Speak with a licensed therapist from anywhere

Taking care of your mental health is an important part of your overall well-being. With Teladoc's Mental Health, adults 18 and older can get care for anxiety, depression, grief, family issues, and more. Choose to see a psychiatrist, psychologist, social worker, or therapist and establish an ongoing relationship.

“As a working mom with two small children, finding 'me time' is almost impossible. So having easy access to an amazing psychologist through Teladoc has been an invaluable benefit.”

Ade O., Teladoc member

### Why use Teladoc's Mental Health service

- ✓ Confidential treatment
- ✓ Convenience to speak with a therapist from anywhere
- ✓ Flexible scheduling
- ✓ Quick access to the right provider for you

Teladoc doesn't offer a crisis hotline. Appointments must be scheduled.

## Confidential therapy on your terms

📱 Teladoc.com 🍏 | 🤖 Download the app



# Mental Health

## How to request a visit

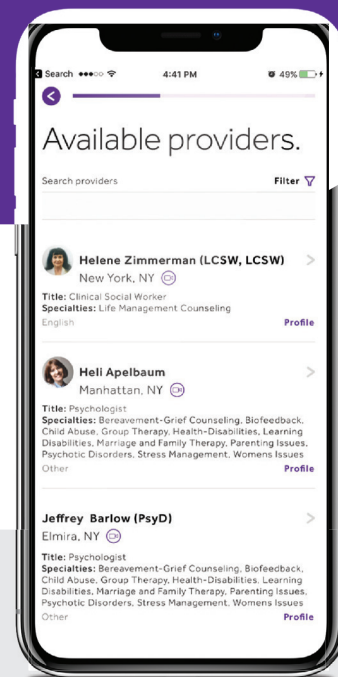
Scheduling a phone or video visit with a therapist is easy and convenient. You can make an appointment seven days a week, from 7 a.m. to 9 p.m. local time. Appointments are confirmed within 72 hours.

Please schedule your appointment online or via the Teladoc app. Although call center reps cannot schedule appointments for you, they can answer your questions.

**Psychiatrist** (initial visit) **Free**

**Psychiatrist** (ongoing visit) **Free**

**Psychologist, licensed clinical social worker, counselor, or therapist** **Free**



### How to schedule a visit

- 1 Register your Teladoc account via web or app or log in to your account if you're already registered
- 2 Request a visit
- 3 Answer a few questions
- 4 Select your therapist
- 5 Request a time for your appointment

## Confidential therapy on your terms

 Teladoc.com   Download the app







# Healthy skin starts here

## Get a diagnosis and treatment of your skin condition in just two business days or less

Welcome to the new way to get dermatology care that's easier than ever before. You no longer have to wait weeks for an appointment. Simply use your Teladoc account to upload images of your skin condition and one of our U.S. board-certified dermatologists will provide a diagnosis and treatment plan customized to fit your specific needs.

### Please note

- Our Dermatology service uses images only. Communication with the dermatologist takes place through the message center.
- Although call center reps cannot schedule dermatology appointments, they can answer questions at 1-800-TELADOC (835-2362).

### Here's how it works:

- 1 Request a consult**  
Log in to your Teladoc account online or through the mobile app anytime, anywhere.
- 2 Upload images**  
Take pictures of your skin condition and upload them to your account to share with the dermatologist.
- 3 Choose your pharmacy**  
If medically necessary, a prescription can be sent to your local pharmacy.
- 4 View results online**  
Within two business days, you'll receive a response online from a licensed dermatologist.

## Get healthier skin for free

Teladoc.com Download the app

