

# Your anytime, anywhere healthcare benefit

Access your healthcare by  
phone, video or app.



## General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get same-day appointments with a certified clinician from wherever you are. Our clinicians diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats
- And more

**free/visit**

## Mental Health

Have real conversations and see progress with a therapist or psychiatrist of your choice. Available 7 days a week from the privacy of your own home.

- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management

**Therapist free/visit**  
**Psychiatrist free/first visit**  
**Psychiatrist free/ongoing visits**


## Nutrition

Everyone's nutrition needs are different. Work with a registered dietitian to get personalized help with things like meal planning, healthy eating or even managing a condition like diabetes or high blood pressure.

- Weight management
- Diabetes
- Digestive issues
- Custom meal plans
- Food allergies
- And more

**\$59/visit**

## Activate your benefit and schedule your visit today

Visit [Teladoc.com](https://www.teladoc.com) | Call 1-800-TELADOC (800-835-2362) | Download the app  | 