

COMING JAN. 1, 2023:

Talk to Doctors Anytime You Need Them



Use Teladoc™ Health when it's not an emergency, and you can't get to a doctor's office. **It's available 24/7, and you'll typically pay less than you would for a visit to the office or urgent care clinic.**

Teladoc Health can be used for things like:

- › Allergies, cold, fever and flu
- › Earaches
- › Nausea and vomiting
- › Constipation or diarrhea
- › Mental health support
- › Pink eye
- › Sinus or respiratory issues
- › Urinary tract infections
- › Skin conditions (rashes or insect bites)



How do I use Teladoc Health?

You can get started using online video chat or our free BCBSTN app. Just have your Member ID card ready. It's easy to get started. Register by logging in to our BCBSTN app or at bcbst.com/Teladoc and choosing **Talk With a Doctor Now**. You can also call **1-800-TELADOC**.

The first time you use Teladoc Health, you'll need to fill out a short medical history survey and create an account. The next time you use it, you can just log in through our app and talk to a doctor in minutes.