

Telemedicine

UMR/Teladoc | www.Teladoc.com

Telemedicine can be a great alternative to visiting your normal doctor or an urgent care, when you are suffering from one of many common, non-emergency medical conditions. Using your computer, tablet, or smartphone device, you can conveniently access U.S. board-certified doctors and licensed professionals from the comfort of your home or wherever you happen to be.

In some cases, doctors can write a prescription to a local pharmacy near you.¹

Telemedicine	
Medical Visit	\$0 if enrolled on the Traditional company-health plan. \$49 if enrolled on the H.S.A. Core and H.S.A Money Saver before deductible has been met. (*Changing to \$54 on 4/1/2024)
Commonly Treated Medical Conditions	Cold & Flu Sinus Problems Allergies Skin Problems Pink Eye And more! Respiratory infections
Benefit Cost	Included with Medical coverage

When can I use telemedicine?

- When you need care now.
- If you're considering the ER or urgent care center for a non-emergency issue.
- On vacation, on a business trip, or away from home.
- For short-term prescription refills.

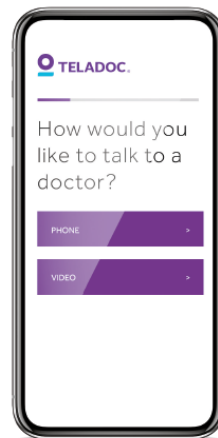
¹ Prescription services may not be available in all states.



Save time and money with telemedicine.

Telemedicine can provide significant savings over urgent care and emergency room visits. On top of that, you can connect with a doctor from the convenience of home or work, allowing you to avoid the hassle of traveling or sitting in a waiting room.

Setup your Teladoc account



In 4 easy steps

Download the App

- 1 Search for "Teladoc" in the Appstore or on Google Play.

[Apple App Store](#) | [Google Play Store](#)

Set up your account

- 2 Once you've downloaded the app, select "Set up your account"

Enter basic contact information

- 3 Provide some information about yourself to confirm your eligibility. We'll confirm we found your benefits and you'll continue creating your account.

Create your account

- 4 Enter your address and phone number, create a username and password, pick security questions, and agree to terms and conditions.