



# Your anytime, anywhere healthcare benefit

Start using your Teladoc Health benefits.





#### 24/7 Care

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

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

#### **Mental Health**

Find support that works best for you. You can connect with a therapist 7 days a week and get a personalized plan and online content designed for you.

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

### free/visit

## Set up your account or log in to schedule a visit

Visit TeladocHealth.com
Call 1-800-835-2362 | Download the app **€** | **⊕** 

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