



# Teladoc<sup>®</sup> Brings the Doctor to You

When you can't see your primary care provider, Teladoc<sup>®</sup> gives you access to top doctors 24 hours a day, seven days a week.

## Care When and Where You Need it

With Teladoc<sup>®</sup> you can see a licensed doctor without needing to miss work, visit a clinic when you are very sick, or find an Urgent Care facility. You can receive medical care from the privacy and comfort of your home or wherever you may be when you need it – even while on vacation!

This confidential service is part of your benefits package. Members pay in-network copay, coinsurance, and deductible consistent with a face-to-face office visit.

After you have a virtual visit, you can schedule a visit with your primary care provider if you or the Teladoc physician believes a follow-up is needed.

**To learn more or register, contact Teladoc at 855.332.4059 or visit [Teladoc.com/Premera](https://www.teladoc.com/premera).**

## GET CARE FOR THESE COMMON CONDITIONS

You can use Teladoc<sup>®</sup> for a wide variety of the most common non-emergency medical conditions including:

- Cold & Flu
- Upper Respiratory Infections
- Sinusitis
- Skin & Eye Conditions
- Allergies
- Sprains & Strains

*If the issue is life-threatening, please call 911 or visit your local emergency room.*

PREMERA | 

BLUE CROSS

An Independent Licensee of the Blue Cross Blue Shield Association