

You've got  
**Teladoc!**



# Healthcare happens here.

*Access licensed doctors by web, phone or app.*

Teladoc® is a convenient and affordable option for a variety of medical services, including **General Medical**, **Dermatology** and **Behavioral Health**. Access quality healthcare from the comfort of home, during your lunch break or while traveling. You can even get a prescription sent to your local pharmacy, when medically necessary.

- Connect with a licensed doctor, dermatologist or therapist by **web, phone or mobile app**<sup>1</sup>
- Over **1,000,000** telehealth visits performed
- **95%** member satisfaction
- Speak with a doctor in minutes
- Teladoc doctors average **20 years** of experience<sup>2</sup>

*Get started:*  
**Teladoc.com/Premera**

*Call:*  
**1-855-332-4059**

## General Medical

**\$0/visit**

- Board-certified doctors are available 24/7/365 by web, phone or app
- Treat flu, allergies, sinus infection, rash, sore throat and more

## Dermatology

**\$0/visit**

- Log into your account to upload images of your skin issue
- Receive a response through Teladoc's secure online message center within two business days
- Treat on-going or complex issues like psoriasis, eczema, acne and more

## Behavioral Health

- Schedule a video or phone appointment seven days a week
- Support for anxiety, eating disorders, depression, family issues and more

**Psychiatrist**  
(initial visit)

**\$0/session**

**Psychiatrist**  
(ongoing visit)

**\$0/session**

**Psychologist,  
licensed clinical  
social worker,  
counselor or therapist**

**\$0/session**

