

## Blue Shield of California is excited to offer Teladoc – a new and convenient way to access quality care.

U.S. board-certified doctors are available 24/7/365 to resolve many of your non-emergency medical issues through phone or video consults. When you need care, a Teladoc™ doctor is just a call or click away.



### Use Teladoc

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

### Get the care you need

Teladoc doctors can treat many medical conditions, including:

- Cold and flu symptoms
- Allergies
- Bronchitis
- Urinary tract infection
- Respiratory infection
- Sinus problems
- And more!

### Meet our doctors

All Teladoc doctors:

- Are practicing primary care physicians, pediatricians and family physicians
- Have an average of 15 years of experience
- Are board certified and licensed
- Are credentialed every three years

## Get started with Teladoc

### 1 Set up account

Visit [Teladoc.com/bsc](https://www.teladoc.com/bsc), complete the required information and click on *Set up account*. You can also call Teladoc for assistance.

### 2 Provide medical history

Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.

**Web:** Log in to [Teladoc.com/bsc](https://www.teladoc.com/bsc) and click *My Medical History*.

**Mobile:** Log in to [Teladoc.com](https://www.teladoc.com) and complete the *My Health Record* section. Visit [Teladoc.com/mobile](https://www.teladoc.com/mobile) to download the app.

**Phone:** Teladoc can help you complete your medical history over the phone. Call **1-800-Teladoc** (835-2362).

### 3 Request a consult

Once your account is set up, request a consult anytime you need care.

**Talk to a doctor anytime for a small copay.\***

- HMO & PPO Members:
- \$5 copay per consult
- Don't wait until you are sick.
- Set up your profile now at [Teladoc.com/bsc](https://www.teladoc.com/bsc)

\* High Deductible Health Plan (HDHP) members pay a \$40 consult fee until the deductible is met, then a \$5 copay. Please see your Evidence of Coverage [italicize EOC] for a detailed description of coverage benefits.

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Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulations and may not be available in certain states. Teladoc does not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. Teladoc phone and video consultations are available 24 hours a day, seven days a week.

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