



You can access medical care through your phone, computer, or mobile device.

Teladoc[®]: Your Virtual Office Visit

Use telemedicine to get non-urgent medical care. It's convenient, immediate, and available 24 hours a day, 365 days a year.

Talk to doctors who practice primary care, family care, and more. Telemedicine doctors can prescribe certain medicines.

Use telemedicine when:

- You feel sick and don't want to leave home.
- You just moved and don't know local doctors.
- Your doctor isn't available.
- You're out of town and need a doctor's advice.
- You have a busy schedule.

Don't use telemedicine when:

- You need emergency care.
- You need a biometric screening, such as a BMI or blood pressure check.
- Your care requires a review of your health records or x-rays.

What types of non-urgent conditions are right for telemedicine?

- Cough
- Flu
- Sore throat
- Fever
- Bronchitis
- Sinusitis
- Headache
- Pinkeye
- Painful urination

Remember: Telemedicine does not replace the care of your regular doctor. Only your doctor can provide the full range of care to meet your health needs.

Access Teladoc by calling **800-Teladoc** or going to **teladoc.com/emblemhealth**. You can also download the Teladoc app. A Welcome Kit will be sent to all primary contract or certificate holders.

This benefit will be provided at low or no copay. Please check your contract or certificate of coverage for more information.

© 2022 Teladoc Health, Inc. All rights reserved. Teladoc and the Teladoc logo are registered trademarks of Teladoc Health, Inc. and may not be used without written permission. Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation 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.

EmblemHealth Plan, Inc., Health Insurance Plan of Greater New York (HIP), EmblemHealth Insurance Company and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

EMB_MP_FLY_58962_Teladoc_CCEK 9/22