

## Blue Shield of California offers Teladoc: Access to licensed doctors 24/7 by phone or video

Get care when and where you need it through your Blue Shield health plan. As a Blue Shield member, you have access to Teladoc's national network of U.S. board-certified physicians, licensed in California. Whenever you need care, Teladoc® doctors are available 24/7 by phone or video.



### 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
- Respiratory infection
- Sinus problems
- And more

### Meet the doctors

All Teladoc doctors:

- Are practicing primary care physicians, pediatricians, and family physicians
- Have an average of 20 years of experience
- Are board certified and licensed
- Are credentialed every three years

## Get started with Teladoc

### 1 Set up account

Visit [www.teladoc.com/bsc](http://www.teladoc.com/bsc), complete the required information, and click on *Set up account*. You can also call Teladoc at **1-800-Teladoc** (835-2362) for help.

### 2 Provide medical history

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

**Web:** Log in to [www.teladoc.com/bsc](http://www.teladoc.com/bsc) and click *Update medical history*.

**Mobile:** Visit [www.teladoc.com/mobile](http://www.teladoc.com/mobile) to download the app. Log in and go to the menu icon on the top left to complete the "Medical Info" section.

**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 and PPO members: \$5 copay per consult.
- Trio HMO and Tandem PPO Plans: \$0 copay per consult.
- Don't wait until you are sick. Set up your profile now at [www.teladoc.com/bsc](http://www.teladoc.com/bsc).

\* High-deductible health plan (HDHP) members pay a \$45 consult fee until the deductible is met, then a \$5 copay. Please see your *Evidence of Coverage* for a detailed description of coverage benefits