



Confidential care you can use **anywhere.\***

**You have Teladoc Health as a part of your health benefits. Teladoc Health gives you 24/7 access to U.S.-licensed doctors at home or while you're away.**

**Download the Teladoc Health app for:**

- Access to a doctor licensed in your state
- Treatment for common issues like the flu, infections, allergies and more
- Convenient care from home or while you are traveling
- Care by a phone or video call can help you avoid the waiting room or ER

\*Teladoc Health is not available internationally

Need to talk to someone on our care team?  
**Call 1-800-TELADOC (800-835-2362)**

**Don't wait! Download the secure Teladoc Health app today**

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