# HEALTH CARE IN YOUR HANDS



with telehealth services provided by Teladoc Health®

fepblue.org



#### What is telehealth?

We've partnered with Teladoc Health to make it even easier to get the care you need. Telehealth lets you talk with board-certified doctors by phone or video anytime, anywhere.

#### Reasons to use telehealth:

- It's like a doctor in your pocket
- Available after hours
- Coverage for many different conditions
- No more waiting rooms



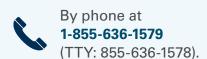
#### **Getting started with virtual doctor visits**

You're eligible for telehealth services if you're a current Blue Cross and Blue Shield Service Benefit Plan member, 18 or older. You can also register dependents under 18 on your account.

Visit **fepblue.org/telehealth** or call **1-855-636-1579** to get started.

Once you've registered, you can connect with a doctor three ways:







## **Receive treatment in four steps:**

- Log in to your account
  Visit <u>fepblue.org/telehealth</u>, call **1-855-636-1579** or use the Teladoc Health app.
- 2 Complete your medical history
  The doctor will review the information you provide.
- Request a visit

  Request a visit with the next available doctor or schedule a time that works.
- Get additional care

  Receive a prescription, schedule more appointments or continue to message the doctor.



### General Health

Telehealth offers convenient access to experienced doctors 24 hours a day, seven days a week. These doctors can treat minor injuries, illnesses and non-emergency health issues.

If there's an emergency, call 911 or go to your local emergency services.



# **Nutritional Counseling**

Nutritional counseling appointments are also available with telehealth. You can meet with a registered dietician to evaluate your nutritional needs and develop personalized meal plans, shopping guides and more.

Appointments are available seven days a week from 7 a.m. to 9 p.m. local time.



#### **Mental Health**

Speak to a licensed mental health specialist through video from wherever you are most comfortable.

Appointments are available seven days a week from 7 a.m. to 9 p.m. local time.



## **Dermatology**

Through this service, you can get treatment for skin, nail and hair issues from a licensed dermatologist. Normally these issues can take weeks to get an appointment, but with telehealth, you'll receive treatment options within days.



# What you'll pay

We will cover all of your telehealth visits from Teladoc Health at no out-of-pocket cost to you.

FEP Blue Focus®

You pay nothing

FEP Blue Basic®

You pay nothing

FEP Blue Standard®

You pay nothing

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