

Introducing Teladoc

**Receive medical care from a U.S.-licensed doctor 24/7, 365 days a year
for a wide range of non-emergency medical conditions
without leaving home.**

April 2020

To All Active Plan Participants, and Retired Participants Without Medicare*:

The Board of Trustees are pleased to announce a new benefit for you. **Beginning April 28, 2020**, you and your dependents can access the services of Teladoc – the leading provider of telehealth services throughout the United States. You can speak with a board-certified physician 24/7 via the internet, telephone or smartphone app about common minor ailments such as allergies, sinus infections, ear infections, flu, colds, etc.

To access Teladoc:

**Call 1-800-Teladoc [1-800-835-2362],
Go to www.teladoc.com, or
Download the Teladoc app to your smartphone.**

➔ There is NO CHARGE to you for this service. The Plan will pay the full cost for this benefit.

If medically necessary, a prescription will be sent to the pharmacy of your choice. Teladoc doctors do not issue prescriptions for substances controlled by the DEA, non-therapeutic, and/or certain other drugs which may be harmful because of their potential for abuse.

You can save time during your initial contact if you pre-register. You can register starting April 28, 2020 – either online, by telephone or through the smartphone app.

MORE INFORMATION IS AVAILABLE AT WWW.TELADOC.COM.

* *This benefit is not available for Medicare-eligible participants and dependents covered under the new Medicare Advantage plan.*

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