

# Teladoc

Stay healthy throughout the year.

## SET UP YOUR TELADOC ACCOUNT NOW!

**HAVE 24/7 ACCESS TO A DOCTOR OVER THE PHONE, WHEN AND WHERE YOU NEED IT.**



1 Log on to [MyMemberPortal.com](http://MyMemberPortal.com), click Teladoc and the Use this Benefit button

2 Enter your name, and Member ID (exactly as printed on your card/booklet)

3 Click **Set Up Account**

## COMPLETE YOUR MEDICAL HISTORY BEFORE REQUESTING A CONSULT

1 Complete all fields on the Personal Information page

2 Create My Login Information

3 Enter your medical history

4 Click **Continue** on the Billing Information page (\$0 for you)

5 Follow the instructions to review and confirm

6 Click **My Medical History** to add more medical info & **My Family** to add dependents



BenefitsPal™

### WHEN TO USE TELADOC

- Cold and flu symptoms
- Bronchitis
- Respiratory infection
- Sinus problems
- Allergies
- Urinary Tract Infection
- Pink eye



To request a visit please call  
**1.855.VIP.DOCS**  
**(1.855.847.3627).**

**This plan is NOT insurance.** The plan is not insurance coverage and does not meet the minimum creditable coverage requirements under the Affordable Care Act or Massachusetts M.G.L. c. 111M and 956 CMR 5.00. **This discount card program contains a 30 day cancellation period.** Discount Medical Plan Organization: New Benefits, Ltd., Attn: Compliance Department, PO Box 671309 Dallas, TX 75367-1309, 800.800.7616.

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