

Getting Started with TelaDoc®



Using TelaDoc is easy!

1. Activate your account using the TelaDoc welcome tri-fold and ID card:

- ◆ Using your mobile phone, call the activation number provided on the ID Card. Once the activation process is complete, you will be invited to download the TelaDoc mobile app.
- ◆ Or visit www.teladoc.com. A confirmation e-mail will be sent to you.

2. Complete the online Medical Assessment and History Questionnaire prior to your first consult.

- ◆ If you'd prefer to provide your history by phone, a \$10.00 fee will be charged.
- ◆ This information will be available to physicians during all TelaDoc consults.

3. Activate dependent accounts by calling Member Services at 800-TelaDoc.

- ◆ You must activate your own account before activating any eligible dependents' accounts.
- ◆ A separate Medical Assessment and History Questionnaire must be completed for each family member.

Now, you're ready for your first TelaDoc consultation!

Consultations can be conducted over the phone or online by e-mail or video. Call TelaDoc connect via your mobile app, or login online at www.activation.consultadr.com to schedule a consultation.

For best results, be sure to update your Medical Assessment and History Questionnaire whenever your health status changes.

