



healthiestyou™

By Teladoc

Greetings!

Our employees are part of an amazing healthcare benefit, **HealthiestYou!** A Teladoc Health virtual health service made available to you as an 'employee membership'. This benefit is separate from your medical insurance. Here is more information explaining what it is and how you can access healthcare on the go by phone or video for Free in all 50 states! Start taking advantage of your available services today.

What is HealthiestYou?

*Talk with a Doctor from your office, car, couch, you name it!
No Travel. No Waiting Rooms. No Hassle.*

- Virtual healthcare benefit provided to you by your Employer--*No health insurance information required*
- Teladoc Membership Type= **HealthiestYou 'Employee Membership'**
- 24/7/365 access to our national network of U.S. board-certified physicians, licensed in your state.
- Talk to a doctor by phone or video **for conditions like:** *The Flu, Allergies, Sore Throat, Bronchitis, And more!*
- Our physicians can Diagnose, Treat, AND Prescribe medication
- Teladoc does not replace your PCP, but provides an affordable, convenient alternative to urgent care and ER visits for non-emergent medical issues.
- Service is unlimited and available to you and your whole family- *No extra fees!*

When should I use HealthiestYou?

1. If you're considering the ER or urgent care center for a non-emergency medical issue
2. On vacation, on a business trip, or away from home- Service available in all 50 States!
3. Your physician is out of town or not available
4. For short-term prescription refills that are not a DEA controlled substance

How can I start using HealthiestYou?

Register Your Account. Activate your employee membership any of these 3 different ways.



App: download the HealthiestYou or HY app in your googleplay/app store



Website: member.healthiestyou.com



Call our Hotline#: 866-703-1259 x1

Set up your account in 4 Easy Steps-

1. **Select "Register"**- then choose "Employee" as your membership type.
**Dependents 18+ will need to register their own accounts and create a separate login. Same steps as Primary!*
2. **Enter Primary members info to verify Eligibility**- Last name, Date of Birth, and ZIP code.
3. **Finalize your account**- Enter a valid email address, password, best number for our doctors to reach you, your preferred language, and accept terms and conditions.
4. **Complete Medical History**- enter current Height, Weight, list of current medications *etc.*

You're all set! Just remember you have HealthiestYou as your first line of defense the next time you or your family members get sick.

Need Help? Contact our HealthiestYou Support Team – Call #866.703.1259 Opt.x3 **OR** Email– help@healthiestyou.com