

SAVE TIME AND MONEY!

Keep Non-Emergencies Out of the ER

Avoid long waits at the Emergency Room and reduce your out-of-pocket costs by utilizing Teladoc and Urgent Care Centers for ailments that are not life-threatening. Both of these options provide fast, effective care—when you need care fast. Unnecessary visits to the ER can be very costly. When you keep non-emergencies out of the ER, you save both time and money! **Teladoc is available by app, phone or computer. It's available wherever you are and whenever you need it.**

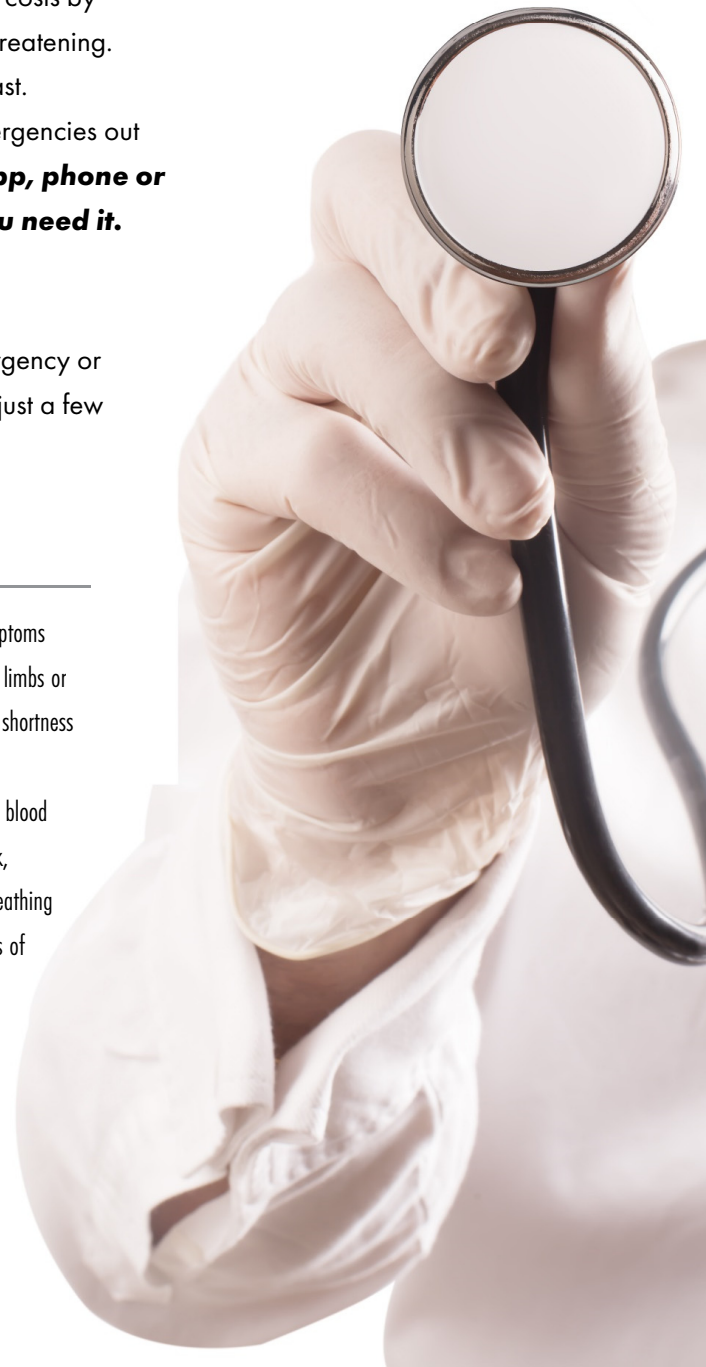
KNOW WHERE TO GET CARE

Before you go to the ER, consider whether your condition is truly an emergency or if you can receive care from Teladoc or Urgent Care instead. Below are just a few examples of where you can go and when:

TELADOC \$0 COPAY	URGENT CARE CENTER \$50 COPAY	EMERGENCY ROOM \$275 COPAY
<ul style="list-style-type: none"> • Cold/Flu • Allergies • Animal/insect bite • Bronchitis • Skin problems • Respiratory infection • Sinus problems • Strep throat • Pink eye/Eye irritation • UTI/Urinary issues • Behavioral Health 	<ul style="list-style-type: none"> • Allergic reactions • Bone x-rays, sprains or strains • Nausea, vomiting, diarrhea • Fractures • Whiplash • Sports injuries • Cuts and minor lacerations • Infections • Tetanus vaccinations • Minor burns and rashes 	<ul style="list-style-type: none"> • Heart attack/Stroke symptoms • Chest pain, numbness in limbs or face, difficulty speaking, shortness of breath • Coughing up or vomiting blood • High fever with stiff neck, confusion or difficulty breathing • Sudden, unexplained loss of consciousness • Excessive blood loss

HDHP Deductible applies for all options

Please note: This communication is not intended to provide medical advice. If your medical need is more than urgent or life-threatening please go to the Emergency Room or call 9-1-1.



Teladoc

TELEMEDICINE

TELADOC TELEMEDICINE

Teladoc is a national network of U.S. board-certified doctors available 24/7/365 to diagnose, treat and prescribe medication when necessary for many common medical issues. Teladoc uses digital devices such as computers, smartphones, and video conferencing.

Using telemedicine is a convenient option when it's not possible to visit your doctor's office for non-emergency medical conditions such as:

- Allergies
- Asthma
- Acne
- Pink eye
- Ear infections
- Sinus issues
- Respiratory infections
- Urinary tract infections
- Cold and flu symptoms
- Behavioral health

TELADOC DERMATOLOGY

Teladoc Dermatology gives you access to board-certified dermatologists anywhere you are. Whether you have a question about a recent skin change or need help managing a chronic skin condition like acne, rosacea, or psoriasis, Teladoc Dermatology can help

TELADOC TELEPSYCHIATRY

Members have access to high-quality virtual care for a wide variety of behavioral issues, without the obstacles of conventional in-office options. Members can speak with board-certified psychiatrists, psychologists and therapists from wherever they feel most comfortable.



GETTING STARTED

Why wait for the care you need? Contact Teladoc and feel better now!

- Download the Teladoc App from the App Store or Google Play
- Visit www.teladochealth.com

COST FOR A TELADOC VISIT

Teladoc will have a **\$0 copay** for the Tiered Medical PPO and TCV/PLEA EPO. Due to IRS regulations, deductibles must always apply in a High Deductible Health Plan, but pricing is much lower than a PCP in-person/virtual visit, urgent care or the ER.