

Getting started with TeamMeridian Teladoc®



TeamMeridian Teladoc's U.S. board-certified doctors are available 24/7/365 to resolve many of your non-urgent medical issues through phone or video consults. If you are a benefit-eligible team member, set up your account today so when you need care now, **a TeamMeridian Teladoc doctor is just a call or click away.**

SET UP YOUR ACCOUNT

It's quick and easy online. Visit the Teladoc Web site at Teladoc.com, click "Set up account" and provide the required information. You can also call Teladoc for assistance over the phone.

REQUEST A CONSULT

Once your account is set up, request a consult anytime you need care. Your PCP can receive a report following the consultation.

PROVIDE MEDICAL HISTORY

Your medical history provides **TeamMeridian Teladoc** doctors with the information they need to make an accurate diagnosis.

Online: Log into Teladoc.com and click "My Medical History".

Mobile app: Log into your account and complete the "My Medical History" section. Visit Teladoc.com/mobile to download the app.

Call Teladoc: Teladoc can help you complete your medical history over the phone.

Talk to a doctor anytime for free!

 Teladoc.com

 [Facebook.com/Teladoc](https://www.facebook.com/Teladoc)

 **1-800-Teladoc (835-2362)**

 Teladoc.com/mobile

Download
the app:

