

Your anytime, anywhere healthcare benefit

Start using your
Teladoc Health
benefits.



Your care options with Primary360 include:

Primary Care

Manage your overall health—body and mind—with a U.S. board-certified primary care provider and care team of nurses and medical assistants.

\$0 annual checkup - all plans
Other Primary360 visits are \$0 per visit - HDHP plans pay \$102.

Expert Medical Opinion

Need a second opinion? Get assurance and advice on a diagnosis, treatment or surgery from leading experts in over 450 specialties.

No cost - all plans

General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get a same-day appointment with a certified provider from wherever you are.

\$0 visit HDHP plans pay \$57

Back & Joint

Relief starts here. With certified coaches and short instructional videos, you'll build strength, reduce pain and improve flexibility from home.

- Chronic pain
- Sports injuries
- Work injuries

No cost

Dermatology

Start an online skin review with a dermatologist by uploading images and details of your concern. Get a treatment plan and prescription if needed in 24 hours or less.

\$0/online review HDHP plans pay \$89

Mental Health

Have real conversations and see progress with a therapist of your choice. Available 7 days a week from the privacy of your own home.


Therapy \$0/visit HDHP plans pay \$99
Psychiatry \$0/first visit HDHP plans pay \$245
Psychiatry \$0/ongoing visits HDHP plans pay \$109

Nutrition

Work with a registered dietitian to get personalized help with meal planning, healthy eating tips or even managing a condition like diabetes or high blood pressure.

\$0/visit HDHP plans pay \$63

Activate your benefit and schedule your visit today

Visit [Teladoc.com](https://www.teladoc.com) | Call 1-800-TELADOC (800-835-2362) | Download the app  | 