



Blue Shield of California offers Teladoc:

Access to licensed doctors 24/7 by phone or video

Get care when and where you need it through your Blue Shield health plan. As a Blue Shield member, you have access to Teladoc's national network of U.S. board-certified physicians, licensed in California. Whenever you need care, Teladoc® doctors are available 24/7 by phone or video.



Use Teladoc

If you're considering the ER or urgent care center for a non-emergency

- When on vacation, a business trip, or away from home
- For short-term prescription refills

Get the care you need

Teladoc doctors can treat many medical conditions including:

- Cold and flu symptoms
- Allergies
- Bronchitis
- Respiratory infection
- Sinus problems
- And more

Meet the doctors

All Teladoc doctors:

- Are practicing primary care physicians, pediatricians, and family physicians
- Have an average of 20 years of experience
- Are board certified and licensed
- Are credentialed every three years

Get started with Teladoc

Set up account

Visit www.teladoc.com/bsc, complete the required information, and click on *Set up account*. You can also call Teladoc at 1-800-Teladoc (835-2362) for help.

2 Provide medical history

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

Web: Log in to **www.teladoc.com/bsc** and click *Update* medical history.

Mobile: Visit **www.teladoc.com/mobile** to download the app. Log in and go to the menu icon on the top left to complete the "Medical Info" section.

Phone: Teladoc can help you complete your medical history over the phone. Call **1-800-Teladoc** (835-2362).

Request a consult

Once your account is set up, request a consult anytime you need care.

Talk to a doctor anytime for a small copay*

- HMO and PPO members:
 \$5 copay per consult.
- Don't wait until you are sick.
 Set up your profile now at www.teladoc.com/bsc.
- * High-deductible health plan (HDHP) members pay a \$40 consult fee until the deductible is met, then a \$5 copay. Please see your Evidence of Coverage for a detailed description of coverage benefits

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