

It's cold and flu season
Fortunately you have 24/7
access to a doctor



Teladoc® gives you anytime access to U.S. board-certified doctors through the convenience of **phone or video consults**. It's an affordable alternative for treating cold and flu symptoms, bronchitis, respiratory infection and more!

STEP 1
LOG INTO TELADOC

Visit the website to access your account, manage personal information and add eligible dependents, if applicable.

STEP 2
UPDATE YOUR
MEDICAL HISTORY

Make sure the "My Medical History" tab is updated so the doctor has the information needed to provide an accurate diagnosis.

STEP 3
REQUEST A CONSULT

Teladoc doctors are available when you need care now. Request a consult anytime online or by phone.

With your consent, Teladoc is happy to provide information about your Teladoc consult to your primary care physician.

Talk to a doctor anytime for Free

 MyDrConsult.com

 Facebook.com/Teladoc

 **1-800-DOC-CONSULT (362-2667)**

 Teladoc.com/mobile