

Talk to Doctors When You Need Them



Use Teladoc™ Health to talk to a doctor by phone or video chat. It's available 24/7 for non-emergencies. And it typically cost less than you'd pay for an office visit or urgent care trip.

You can use Teladoc Health for:

- › General Medical: See a doctor for allergies, cold, fever, flu and more.
- › Mental Health: Talk to an expert for anxiety, depression and other issues.
- › Dermatology: Get treatment for skin conditions by uploading pictures.
- › Nutrition Counseling: Get a nutrition plan from dietitians.
- › Back & Joint Care: Work with a health coach to manage your pain.
- › Tobacco Cessation: Talk to a doctor about enrolling in this program.



How do I use Teladoc Health?

You'll need to register an account by answering a few quick questions. Make sure to have your Member ID card ready when you register. To get started:

- › Log in to the **BCBSTNSM** app and choose **Talk to a Doctor Now**, or
- › Visit **bcbst.com/Teladoc**, or
- › Call **1-800-TELADOC (1-800-835-2362)**.

