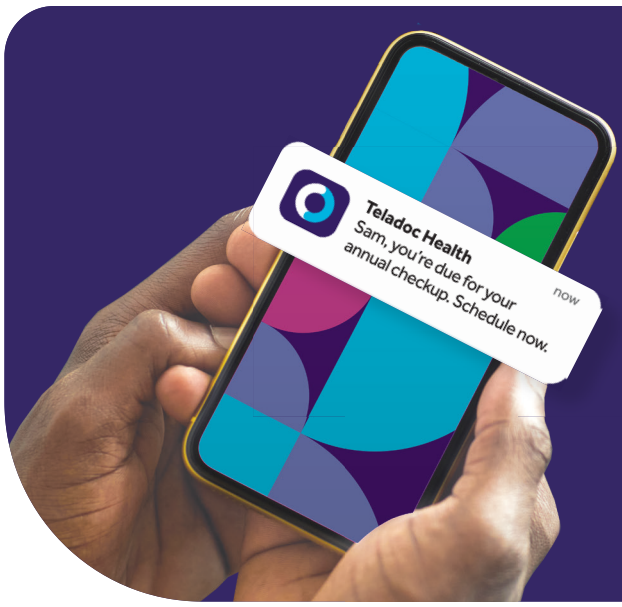
Teladoc® HEALTH



COMING SOON

Annual checkups

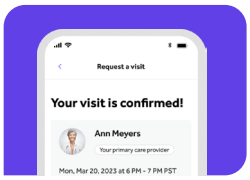
and virtual primary care

Did you know?
Primary Care visits can save you money by helping prevent costly health issues down the road.

Teladoc Health Primary Care helps you become your healthiest self.

Manage every bit of your health—body and mind—with a board-certified primary care provider of your choice and your own care team by your side. So you can live healthier ever after.

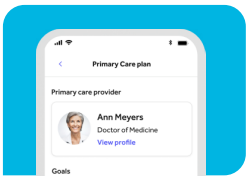
What you get with Teladoc Health Primary Care:



Annual checkups and wellness visits by phone or video



Dedicated time with your provider to talk through your medical history, challenges and needs



A personalized Care Plan so you can meet your health goals with ease



Referrals, prescriptions and lab orders as needed

Achieve better health with Primary Care today

TeladocHealth.com/my-pcp | 1-800-835-2362
Download the app

Wondering how Teladoc Health Primary Care works?

Here are some of the most frequently asked questions.

How does a virtual primary care visit work?

Before your visit

Once you choose your provider, you'll answer questions about your health. Your care team will review the information you provide prior to your visit. You'll also receive a blood pressure monitor (which is yours to keep) at no cost to you that you'll use to share readings for visits. If you get the monitor after your visit, send us a message through your Teladoc Health account with your reading.

During your visit

You'll get dedicated time with your primary care provider to get answers to your health questions, talk through any concerns and discuss any necessary next steps to achieve your health goals. Don't worry—heathcare providers are trained to treat and diagnose over phone and video, and it can save you time, money and the hassle of going into an office.

What does my Care Team do?

With Teladoc Health Primary Care, your care team of nurses and medical assistants are ready to help you every step of the way. They're here to help you check your vitals, coordinate lab and imaging orders, assist with referrals to in-network specialists and answer any health questions you may have. **They're like the staff in a doctor's office but offer personalized support whenever you need it.**

What is a Care Plan?

Your primary care provider and care team will work together to create your personalized care plan after your initial visit. Your plan will let you know what you need to do to stay healthy. It may include support with:

- Prescriptions
- Routine lab orders and blood tests
- Referrals to in-person specialists
- Mental health screenings
- Routine cancer screening orders
- Weight management
- Blood pressure management
- Cholesterol management
- Diabetes management

Many of these services are available through Teladoc Health. Access your account to view your services and pricing.

Schedule your annual checkup today

TeladocHealth.com/my-pcp | 1-800-835-2362
Download the app

*If you're scheduling an annual checkup, your fee will be waived in accordance with your benefits policy.

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