



Getting started with Teladoc

Teladoc's U.S. board-certified doctors are available to resolve many of your medical issues through phone or video consults when your provider is unavailable. Set up your account today so when you need care now, **a Teladoc doctor is just a call or click away.**

SET UP YOUR ACCOUNT

It's quick and easy online. Visit the Teladoc website at Teladoc.com, click "Set up account" and provide the required information. You will need to enter in IU13 as the company name when registering. You can also call Teladoc for assistance over the phone.

You will need to establish an account prior to using the Teladoc service. Just go online or give them a call.

REQUEST A CONSULT

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

PROVIDE MEDICAL HISTORY

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

Online: Log into Teladoc.com and click "My Medical History".

Mobile app: Log into your account and complete the "My Health Record" section. Visit Teladoc.com/mobile to download the app.

Call Teladoc: Teladoc can help you complete your medical history over the phone.

Teladoc physicians diagnose non-emergency medical problems, recommend treatment and can even call in a prescription to your pharmacy of choice, when your provider is unavailable. It's an affordable alternative to costly Emergency Room or Urgent Care visits when you need care now.

ACCESS TO HEALTHCARE WHENEVER AND WHEREVER YOU NEED IT

Call 1-800-Teladoc or visit teladoc.com

*The QuadMed Health & Wellness Centers are available for IU13 employees and their dependents (ages 2 and up) who are currently participating in an IU13 medical plan.

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In select states, patient care is provided by an independent physician-owned corporation.

