

# Simplify your life with **free healthcare.**

Access doctors and therapists by phone, video, or app.



Be your **Healthiest You**

Take control of your health. Download the app to start using your free healthcare services.



**Talk to a doctor 24/7 - \$0 COPAY**

Speak to a licensed doctor by phone or video 24/7 from anywhere



**Get specialist medical advice - \$0 COPAY**

Receive a second opinion on an existing diagnosis and treatment for any condition



**Confidential counseling - \$0 COPAY**

Talk to a therapist seven days a week from wherever you are



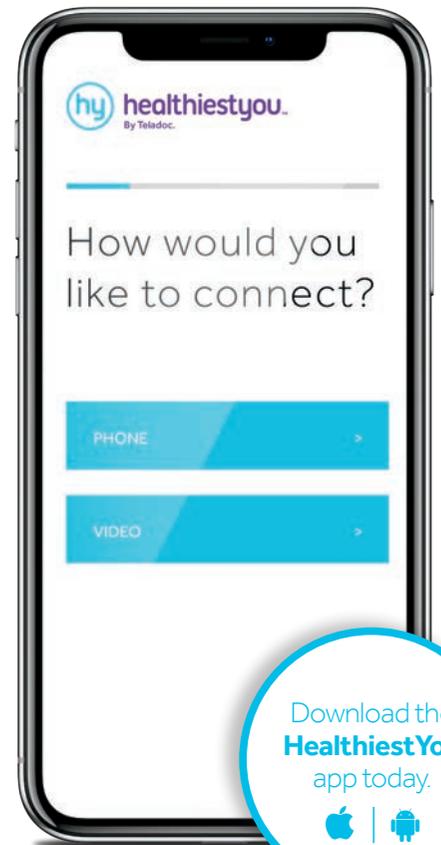
**Back care - \$0 COPAY**

Relieve your back pain through guided videos with a certified health coach



**Relief from skin issues - \$0 COPAY**

Upload photos of your condition to the app and get a treatment plan from a dermatologist within two business days



## Download the app for access to free and easy healthcare

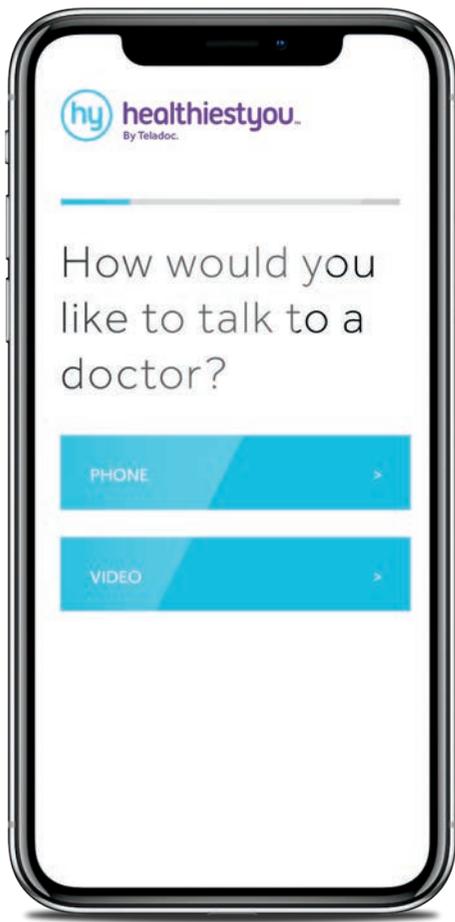
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healthiestyou™  
By Teladoc.

Be your **Healthiest You**

# Set up your HealthiestYou account in 4 easy steps.



**Download the app to connect to doctors for free by phone or video 24/7, shop the lowest-cost prescriptions, and much more.**

- 1 Download the app**  
Search "HealthiestYou" in the app store or on Google Play.
- 2 Set up your account**  
Once you've downloaded the app, select "Register," then choose "Employee" as your membership type.
- 3 Enter basic contact information**  
Type in your last name, date of birth, and ZIP code.
- 4 Type in your security information**  
Enter a valid email address, password, the best number for our doctors to reach you, your preferred language, and accept terms and conditions.



**All doctor visits are free.**

Download the app today!  | 

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# healthiestyou™

By Teladoc

- 1. What is the HealthiestYou website?**  
www.healthiestyou.com
- 2. How do I set up my account online?**
  1. Go to member.healthiestyou.com.
  2. Click "Register Now" then select the membership type.
  3. Enter the primary member's Last Name, DOB and Zip.
  4. Enter spouse and/or dependent information.
- 3. How do I set up my account via phone call?**  
Call 866-703-1259 and press #1. A HealthiestYou Customer Service Representative will verify member eligibility by using the Last Name, DOB and Zip Code. Once eligibility has been verified the representative will ask some medical questions, update any account information, and schedule a call with the physician.
- 4. How do I set up my account via the app?**  
Search for "healthiestyou" in the app store or google play store. Once downloaded, click the "Register Now" button on the bottom right of the app. Then you will click Primary Member to verify your Last Name, Date of Birth and Zip.
- 5. How do I download the app?**  
The HealthiestYou app can be found in the Google Play store or the App Store by searching "HY" or "HealthiestYou".
- 6. When can I call a doctor?**  
You can speak with a HealthiestYou physician 24/7/365.
- 7. What can your doctors treat?**  
Our doctors are trained to treat a wide range of conditions. Some of the most common are: Acne, Allergies, Asthma, Bronchitis, Cold & Flu, Constipation, Diarrhea, Ear Infection, Fever, Headache, Insect Bites, Joint Aches, Nausea, Rashes, Sinus Infections, Sore Throat, UTI and more.
- 8. Who are the doctors I speak to over the phone?**  
Our physicians must be U.S. board certified in internal medicine, pediatrics, family, or emergency medicine with an average of 20 years of experience.
- 9. Where can I get service?**  
HealthiestYou delivers services nationally within all 50 states. Currently, Arkansas and Delaware state regulations mandate first consult must be video and Idaho only allows video consults.
- 10. Will I receive a prescription from the doctor?**  
HealthiestYou physicians prescribe short-term, traditional antibiotics, antihistamines, cough suppressants, and anti-bacterial agents. Nearly 99% are generic, which is our system default when prescribing a medication. HealthiestYou does not prescribe DEA controlled substances, lifestyle drugs, pain medications, or psychotropic drugs.
- 11. Do your doctors refer to other doctors or facilities?**  
HealthiestYou does not suggest follow up visits to our service. We always refer them to their PCP if follow up is required and with the member's permission, HealthiestYou sends a Clinical Consult Record (CCR) of the visit to the member's physician of choice.
- 12. Do I have to pay if a face-to-face appointment is required?** Yes. In a case where patients must be seen in an office or a referral is made to a specialist, patients are responsible to pay for those appointments to the doctor's office.
- 13. What happens after my consultation with the doctor?** The doctor may give advice to manage/treat the chief complaint or provide instructions to follow up and treat the symptoms. If your doctor orders medication, the prescription will be sent electronically to the pharmacy selected by the member.
- 14. Will you keep my information confidential?**  
Yes. HealthiestYou will only share information with the doctor who provides the consult and (when the doctor orders a prescription) with your selected pharmacy or as required by applicable law.
- 15. Do your doctors provide return to work notes?**  
Yes. Physicians may provide return to work/school notices upon request. It is up to the physician's discretion to provide such notices.
- 16. What languages do you support?**  
In addition to English and Spanish speaking personnel, call center staff and our providers use Language Line Solutions to provide translation services in more than 240 languages.

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