

Getting started with TelaMed+



You are only a few minutes away from having 24/7 access to quality medical care. Teladoc's U.S. board-certified doctors are available to resolve many of your medical issues from wherever you happen to be. Set up your Teladoc account so that when you need care immediately, **we're just a call or click away.**

Set up your account.

We've made the process quick and easy online. If you do not have access to a computer, call 1-800-Teladoc for assistance.

1. Visit www.Teladoc.com/FeelBetter
2. Click **Set up account**.
3. Provide the required information.

Complete your medical history disclosure (MHD).

Your MHD provides Teladoc doctors with the information they need to make an accurate diagnosis. Complete your MHD for the most complete care.



Online: Visit www.Teladoc.com and log in to your account. Complete the My Medical History section.



Paper: Paper MHDs may be provided by your organization. Allow 14 days for account setup from the time Teladoc receives your form(s).



Call 1-800-Teladoc: Teladoc can help you complete your MHD over the phone. There is a **\$12 charge** for this service, unless otherwise noted by your organization.

Request a consultation.

Once your account is set up, request a consultation with a Teladoc doctor anytime and anywhere you need it.



Online:
www.Teladoc.com/FeelBetter
Phone:
1-800-Teladoc

When can you use Teladoc?

Two words: **Anytime. Anywhere.**

Teladoc is simply a more convenient, more affordable way to receive quality healthcare.

- When you need care now.
- If you're considering the ER or urgent care center for a non-emergency issue.
- On vacation, on a business trip, or away from home.
- For short-term prescription refills.

What can you use it for?

Our U.S. board-certified doctors can diagnose, recommend treatment and prescribe medication, if necessary, for many of your medical issues including:

- Cold and flu symptoms
- Bronchitis
- Respiratory infection
- Sinus problems
- Allergies
- Urinary tract infection
- Ear infection
- Pink eye

Teladoc is happy to provide information about your consultation to your primary care physician.

TelaMed+ inc.

24/7/365 on-demand access to
U.S. BOARD-CERTIFIED DOCTORS

Visit: www.SFCU.MyTelaMed.com

E-mail: Info@TelaMedPlus.com

Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. 03302011