

# Care you can count on

As a Blue Shield member you get access, anywhere, anytime to a national network of U.S. board-certified physicians through Teladoc Health.



**General medical care** - appointments are available 24/7/365 by phone or video.

**Teladoc Health medical doctors can treat many medical conditions including:**

- Cold and flu symptoms
- Allergies
- Respiratory infections
- Sinus problems

**How much does Teladoc Health medical care cost?**

PPO plan.....\$0

## How to request a video or phone appointment

### General medical consultations

Appointments are available 24/7/365 by phone or video.

Visit [blueshieldca.com/teladochealth](https://blueshieldca.com/teladochealth)

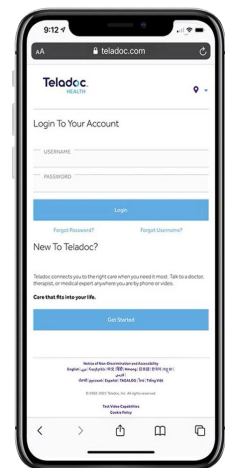
2. Register or log in. You can request a consultation any time you need care.
3. Download the Blue Shield app to access care from anywhere.



If you have questions or need help creating an account, call **1-800-Teladoc (835-2362)**. Wait times may vary.



Get confidential therapy when you need it. Go to [blueshieldca.com/teladochealth](https://blueshieldca.com/teladochealth)



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You may receive services from network providers on an in-person basis or via telehealth, if available. Contact your primary care provider, treating specialist, facility, or other health professional to learn whether telehealth is an option. Network telehealth and in-person services are subject to the same timeliness and geographic access standards. If your plan has out-of-network benefits, they are subject to your plan's cost sharing obligations and balance billing protections.

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For assistance in English at no cost, call the toll-free number on your ID card. You can get this document translated and in other formats, such as large print, braille, and/or audio, also at no cost. Para obtener ayuda en español sin costo, llame al número de teléfono gratis que aparece en su tarjeta de identificación. También puede obtener gratis este documento en otro idioma y en otros formatos, tales como letra grande, braille y/o audio. 如欲免費獲取中文協助，請撥打您 ID 卡上的免費電話號碼。您也可免費獲得此文件的譯文或其他格式版本，例如：大字版、盲文版和/或音訊版。

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