

Made available by



Plumbers and Steamfitters Local 486 Medical Fund



Get started with Teladoc



Download
the Mobile App!



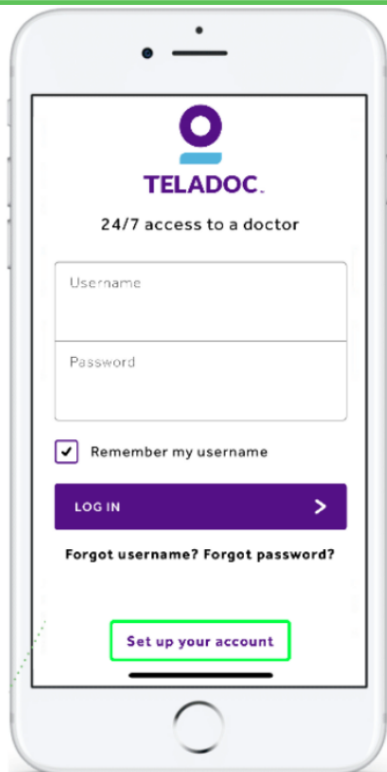
Available on the iPhone

App Store



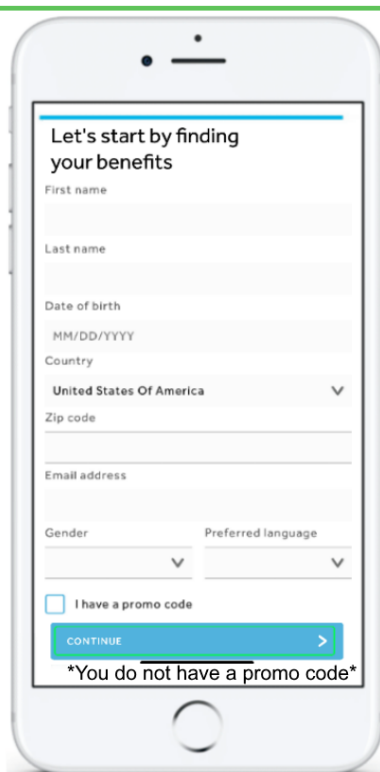
GET IT ON

Google Play



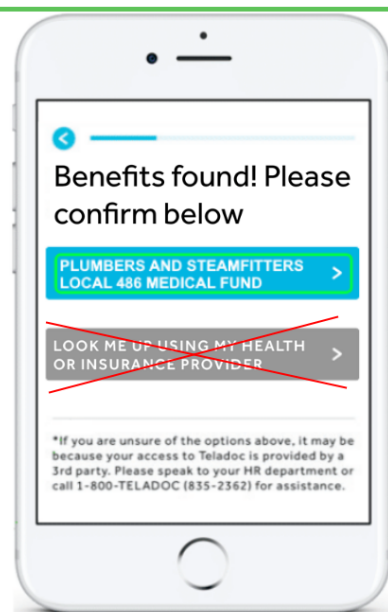
1. Download & Set up

Provide some information about yourself to confirm your eligibility.



2. Confirm benefits

Provide some information about yourself to confirm your eligibility.



3. Benefit confirmation

We'll confirm that we found your benefits and you'll continue creating your account.



We need a little more info

Please select your health or insurance provider below. We use this information to help match you to your benefits, even if your benefits are provided by your employer or association.

Health or insurance plan



If you see this message, your First Name, Last Name, Date of Birth, Gender, or Zip Code does not match what we have on file. Contact your benefits admin.

You can also register your account by:
Web: member.teladoc.com/registration
Phone 1-800-835-2362

If you have any questions about this benefit, or need assistance setting up your account or dependent accounts, please contact your Teladoc Representative:

Hank Christiansen - (774) 200-1840 or by email at hchristiansen@caDRplus.com

4. Create account

Please provide your contact information and preferred language.

*Provide the cell phone number that you want the doctor to call you back on.

5. Complete account

Create a username, password, and pick security questions to ensure your account is secure.

*If a username is pre-populated: delete it and type a new one that you will remember.

\$0 Copay

Talk to a doctor anytime for free

☎ 1-800-TELADOC (835-2362)



Download the app
Teladoc.com/Mobile



Teladoc.com

If you have any questions about this benefit, or need assistance setting up your account or dependent accounts, please contact your Teladoc Representative:

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Have you filled out **your medical history yet?**

Why a confidential medical history is important

Before you speak with a Teladoc doctor, they'll want to know about any past or current illnesses, as well as current medications and family history.

Teladoc is HIPAA compliant and all information is confidential. Your company cannot view your medical history. With your consent, Teladoc will share details of your visit with your primary care doctor.

Once you've completed your medical history, you'll be ready to talk to a doctor for **free**

You can also add a preferred pharmacy, your primary care doctor, your children's pediatrician, and images.

Complete your medical history at:

Teladoc.com

Log in to the Teladoc website and complete "My Medical History"

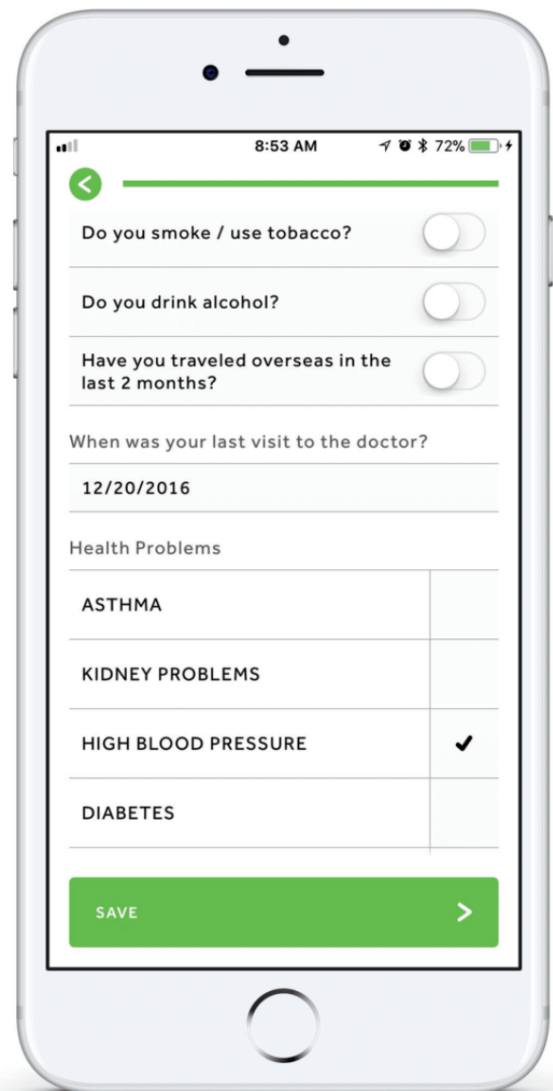
Download the app

Log in to your account and complete "Medical History" section

Click the 3 bars in the top left hand corner, then click "MEDICAL INFO", then click the appropriate person, then click "MEDICAL HISTORY"

1-800-TELADOC (835-2362)

Speak to a customer service rep for help



The image shows a smartphone screen displaying the Teladoc medical history form. The form includes the following sections:

- Do you smoke / use tobacco?** (Toggle switch)
- Do you drink alcohol?** (Toggle switch)
- Have you traveled overseas in the last 2 months?** (Toggle switch)
- When was your last visit to the doctor?** (Text input field with "12/20/2016" entered)
- Health Problems** (Table with 2 columns: Health Problem, Status)

Health Problem	Status
ASTHMA	
KIDNEY PROBLEMS	
HIGH BLOOD PRESSURE	✓
DIABETES	

At the bottom of the form is a green button labeled "SAVE" with a right arrow.

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