#### THIS BENEFIT IS PROVIDED BY YOUR UNION MEDICAL FUND, NOT BY YOUR INSURANCE CARRIER

Made available by



Plumbers and Steamfitters Local 486 Medical Fund



# Get started with Teladoc



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	TELADOC.	
	24/7 access to a doctor	
Us	sername	
Pa	issword	
•	Remember my username	
L	og in 📏	
For	rgot username? Forgot password	?
	Set up your account	

### I.Download & Set up

Provide some information about yourself to confirm your eligibility.

Let's star your bene		laing	
First name			
Last name			
Date of birth			
MM/DD/YYYY			
Country			
United States Zip code	Of Americ	a	~
Email address			
Gender		Preferred language	
I have a pr	omo code		~
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*You do	not ha	ave a promo co	ode*
	1		
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Pr yourself to confirm your eligibility.

You can also regsiter 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

	• —		
	S Benefits found! Please confirm below		
	PLUMBERS AND STEAMFITTERS >		
	LOOK ME OF USING MY HEALTH > OR INSURANCE PROVIDER		
	*If you are unsure of the options above, it may be because your access to Teladoc is provided by a 3rd party. Please speak to your HR department or call 1-800-TELADOC (835-2362) for assistance.		
	0	)	
• 3	8. Benefit confirmatio	on	
	firm that we found your be I continue creating your ac		
<b>(</b> -			
Wen	eed a little more info		
below. W to your b	elect your health or insurance provider le use this information to help match yo penefits, even if your benefits are provid employer or association.		
Health o	r insurance plan	_	
		$\mathbf{\vee}$	
	ee this message, your First Na Name, Date of Birth, Gender		

Zip Code does not match what we have

on file. Contact your benefits admin.

123 Tree Street	Perfect! Let's tie up the details
Street address 2 (optional)	Username 🛪
City	Password     use 10 - 20 characters     include at least one number and one letter
Country	
United States Of America	Confirm Password
State Zip code Maryland ♥ 21220 Phone Country Code	Each security question cannot be selected more than once. Answers must be at least 2 characters with no special symbols.
+1 United States Of America V	Security question 1
Preferred phone number   (555) 555-5555	Security answer 1
Email address	
shehd@dhjd.com	By tapping "COMPLETE REGISTRATION" below, I certify that I have read and understand the <b>Web</b> and Mobile Privacy Policy and agree to be legally
CONTINUE >	bound by the Web and Mobile Terms and Conditions.
4. Create account	• 5. Complete account
Please provide your contact information	Create a username, password, and pick
and preferred language.	security questions to ensure your accour is secure.
Provide the cell phone number that you want the doctor to call you back on.	*If a username is pre-populated: delete it and type a new that you will remember.
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Tall to a deate	or anytime for free

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

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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

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

# <sup>6</sup> 1-800-TELADOC (835-2362)

Speak to a customer service rep for help

Made available by Plumbers & Steamfitters Local 486 Medical Fund

Oo you smoke / use tobacco?	$\bigcirc$
Do you smoke / use tobacco?	$\frown$
	$\bigcirc$
Do you drink alcohol?	$\bigcirc$
Have you traveled overseas in the last 2 months?	$\bigcirc$
When was your last visit to the doctor?	
12/20/2016	
Health Problems	
ASTHMA	
KIDNEY PROBLEMS	
HIGH BLOOD PRESSURE	~
DIABETES	
SAVE	>