

OCTOBER

Benefit Tip of the Month

SOUTHERN LAND
COMPANY

Talk with a Doctor anytime, anywhere

Teladoc gives you 24/7/365 access to a doctor through the convenience of phone or video consults. It's an affordable option for quality medical care. Doctors can diagnose and prescribe medication, if necessary, to the pharmacy of choice.

Teladoc Health doctors can treat many medical conditions, including:

- Cold & Flu symptoms
- Allergies
- Bronchitis
- Skin problems
- Respiratory infections
- Sinus problems
- Stress & Anxiety
- And more!

How do I use Teladoc Health?:

- You can get started using online video chat through BCBST app. Just have your Member ID card ready. It's easy to get started. Register by logging in to the BCBST app or visit bcbst.com/Teladoc and select **Talk With a Doctor Now**. You can also call **1-800-TELADOC (835-2362)**.
- The first time you use Teladoc Health, you'll need to fill out a short medical history survey and create an account. The next time you use it, you can just log in through our app and talk to a doctor in minutes. You can speak with a doctor using your phone, online video chat, or the mobile app.

Mental Health

Teladoc can also be used for mental health services. Teladoc Health lets you talk to a licensed therapist wherever you are. Talking to a therapist can help you deal with stress, depression, anxiety and other mental health conditions. And Teladoc Health makes it easier to talk to a therapist by phone or video chat any day of the week. Just set up your account and find an appointment time that works for you. You can even set up a personalized plan with coaching, digital content, courses and tools.

Get Started Today:

- Log in to your bcbst.com account.
- Choose **Teladoc Health** from the **Get Care** menu.
- Follow the directions to register, then choose **Mental Health, Request a Visit** or **Start Your Journey**
- Call **1-800-TELADOC (835-2362)**



Scan the QR Code to take you
to the BCBSTN app.

