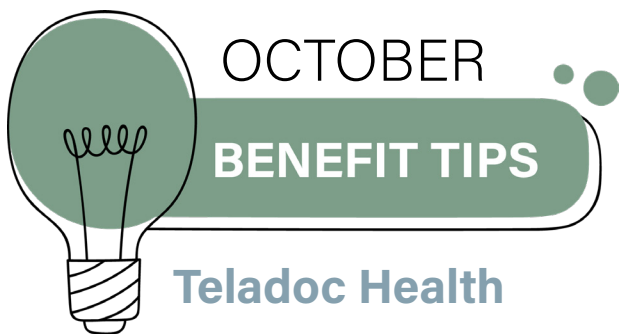




SOUTHERN LAND
COMPANY



Employees and dependents enrolled in Southern Land's medical/prescription drug plan have access to Teladoc. Teladoc gives you 24/7/365 access to a doctor through the convenience of phone or video consults. It is a convenient option for quality medical care. Doctors can diagnose conditions and, if necessary, prescribe medications to your preferred pharmacy.

Teladoc Health doctors can treat a wide range of medical conditions, including:

- General Medical concerns such as cold and flu symptoms, and allergies
- Dermatology
- Mental Health issues such as stress and anxiety
- Nutrition Counseling
- Back & Joint Care
- Tobacco Cessation

How do I use Teladoc Health?

- You can get started using online video chat through the BCBST app — just have your Member ID card ready. Register by logging in to the BCBST app or by visiting www.bcbst.com/get-care/teladoc and select **Talk to a Doctor Now**. You can also call **1-800-TELADOC (835-2362)**.
- The first time you use Teladoc Health, you will need to complete a short medical history survey and create an account. For future visits, simply log in through the app to speak with a doctor in minutes. You can connect with a doctor by phone, online video chat, or the mobile app.

Scan the QR Code to download
the BCBST of TN Mobile App and
access Teladoc!

