

You don't have to leave home to see the doctor.



 **Do you want to avoid going to a doctor's office when a health issue pops up?** Try a virtual visit, and see the doctor from anywhere.

Virtual visits let you speak securely by online video with your neighborhood primary care doctor or behavioral health therapist¹.

Or, you can use the Teladoc website or app to connect with a U.S. board-certified doctor or licensed behavioral health therapist within minutes.

When you use virtual visits or Teladoc, you get:

- **Convenience**
The care you need, with little to no wait time
- **Affordability**
Your cost share is \$0
- **Safety**
Limits exposure to others

Feel better when you have a non-emergency illness like:

- **Flu**
- **Rashes**
- **Sinus infections**
- **Cough**
- **Sore throat**
- **Other minor health issues**

Or, find peace of mind when you're experiencing:

- **Anxiety**
- **Depression**
- **Grief**
- **Family issues**

Ready for a virtual visit? Here's how to:

Speak with your primary care doctor or behavioral health therapist

1. Call your doctor to see if they have a virtual visit capability.
2. Schedule an appointment.

Use Teladoc 24/7 for a minor health issue

1. Register with Teladoc by downloading the Teladoc mobile app, visit [Teladoc.com](https://www.teladoc.com) or call 800-TELADOC (835-2362).
2. Provide your medical history.
3. Request a visit.

When you need care, a doctor is just a call or click away. Ask your doctor or therapist if they offer virtual visits. Or register for Teladoc today.

¹ Ask your doctor if they are approved by Florida Blue to offer virtual visits in Florida.

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Teladoc doesn't offer a crisis hotline. Appointments must be scheduled.

Teladoc is an independent company contracted by Florida Blue to provide physician visits via phone or online video to members with non-emergent medical issues. Teladoc is only available in the U. S.

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