



healthiestyou™

By Teladoc

Greetings!

Our employees are part of an amazing benefit, HealthiestYou. Here is some info that explains what it is and how you can take advantage of it right now!! Keep in mind, the HealthiestYou card you received in the mail is not needed to use the service—it is simply a benefit reminder card.

What is it?

Talk with a Doctor from your office, car, couch, you name it!

No scheduling. No travel. No waiting rooms. No hassle.

- Available 24/7/365.
- Service is unlimited and **FREE** to everyone enrolled (and enrolled dependents)!
 - **(That's right, no Consult Fee or Copay involved)**
- Our physicians are licensed and board certified to diagnose, treat, and prescribe for acute illnesses (ex. sinus infection, cold & flu, UTI, pink eye, and many more).
- We can handle over 70% of your typical doctor's office or urgent care visits.

What Do I Do Next?

1. **Register Your Account.** Don't worry, you're already enrolled, you just need to activate your account.

THREE EASY WAYS TO REGISTER

- a. Download the App "healthiestyou" in the app store or Google play store. Select "First Time Here", enter your Name, DOB, and Zip Code to create your account login.
- b. Visit member.healthiestyou.com and select "Register Now", enter your Name, DOB, and Zip Code to create your account login.
 - *Note, once registered, you can log in via the app or online with the same login information.
- c. Call **866.703.1259 x1** to connect with a care representative to register your account over the phone.
- d. *Need help with your account? Call **866.703.1259 x3** and the **HY Client Success** team can help!*

2. **Update your medical history.** Think of this like your virtual clipboard, provide your medical history that will allow our doctors to properly treat you!

3. **Add Preferred pharmacy.** Let us know where you would like the doctor to send your prescription when necessary.

You're all set! And remember you have HealthiestYou as your first line of defense the next time you or your family members get sick.