







Enhanced Teladoc benefit for 2020 with Trio HMO:

Access licensed doctors 24/7 by phone or video for a \$0 copay

Get care when and where you need it through your Trio HMO plan. As a Trio member, you have access to Teladoc's national network of U.S. board-certified physicians, licensed in California. Whenever you need care, Teladoc® doctors are available 24/7 by phone or video for a \$0 copay per consult.*

Use Teladoc	Get the care you need	Meet the doctors
 If you're considering the ER or urgent care center for a non-emergency When on vacation, a business trip, or away from home For short-term prescription refills 	Teladoc doctors can treat many medical conditions including: • Cold and flu symptoms • Allergies • Bronchitis • Respiratory infection • Sinus problems • And more	 All Teladoc doctors: Are practicing primary care physicians, pediatricians, and family physicians Have an average of 20 years of experience Are board certified and licensed Are credentialed every three years



Don't wait until you are sick: Get started with Teladoc today

1 Set up account

Visit **teladoc.com/bsc**, complete the required information, and click on *Set up* account. You can also call Teladoc at **1-800-Teladoc** (835-2362) for help.

Provide medical history

Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.

Web: Log in to **teladoc.com/bsc** and click *Update medical history*.

Mobile: Visit **teladoc.com/mobile** to download the app. Log in and go to the menu icon on the top left to complete the "Medical Info" section.

Phone: Teladoc can help you complete your medical history over the phone. Call **1-800-Teladoc** (835-2362).

3 Request a consult

Once your account is set up, request a consult anytime you need care.

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