



# TELEHEALTH

No Driving, No Waiting Room, No Cost



## Telehealth Virtual Health Care Provided by Teladoc® is Available 24/7 Worldwide – by Phone, Web or Mobile App

When you or your dependents need non-emergency care, use Telehealth to save time and money. You can even receive your prescription at your local pharmacy when medically necessary.

- Connect with a U.S. board certified doctor for everyday care, anywhere in the world in less than 15 minutes
- Schedule a session with a therapist or psychiatrist to get confidential support that fits your needs and schedule
- Access a dermatologist in less than 48 hours for common skin conditions such as psoriasis or eczema

Set Up Your Account With Your Member ID Card at [tuftshealthplan.com/Teladoc](https://tuftshealthplan.com/Teladoc)

### Our Members Love Telehealth



Worldwide 24/7 Access to care



92% of patients' visits are resolved the 1st visit



95% member satisfaction



Over 40 million members

### NEW! Access Telehealth Right from Our Mobile App

With the push of a button, our Tufts Health Plan mobile app now connects you directly to Teladoc doctors. Download the app and Tap "Telehealth by Teladoc" on the app home screen to request a 24/7 visit with a Teladoc doctor.



"It was GREAT!!!"

I did it at home at 8pm in my jammies! The app is super easy... I am nothing but happy with it."

**HEATHER ANDREWS**

- Tufts Health Plan Member

In the case of an emergency, please call 9-1-1 or visit the nearest emergency department. Telehealth virtual health care services (provided by Teladoc®) are available to Tufts Health Plan commercial members (not including Tufts Health Direct). There will be no cost share or copay for Teladoc services to employer-sponsored groups that have this benefit and have not opted out; cost share may apply to some self-insured groups. Cost share will apply to Saver plan members starting 1/1/2022. If you're not sure whether your plan includes Telehealth by Teladoc please ask your employer. Your regular health care providers may also offer virtual health care services to you - please contact them directly for additional details. Cost share applies. This testimonial reflects this individual's experience and experiences may vary. Statistics are provided by Teladoc® and not verified by Tufts Health Plan.

