

MEDICAL BENEFITS



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American Health Holding

Getting started with Teladoc[®]



Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away



1

Online:
Go to [Teladoc.com](https://teladoc.com) and click "**set up account**".

Mobile app:
Download the app and click "**Activate account**". Visit teladoc.com/mobile app to download the app.

Call Teladoc:
Teladoc can help you register your account over the phone.

SET UP YOUR ACCOUNT

Set up your account by phone (toll-free) web, mobile app or by texting "**Get Started**" to **469-844-5637**



2

PROVIDE MEDICAL HISTORY

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



3

REQUEST A CONSULT

Once your account is set up, request a consult anytime you need care. And talk to a doctor by phone, web or mobile app

Talk to a doctor anytime for **free!**

 MyDrConsult.com

 **1-800-DOC-CONSULT (362-2667)**



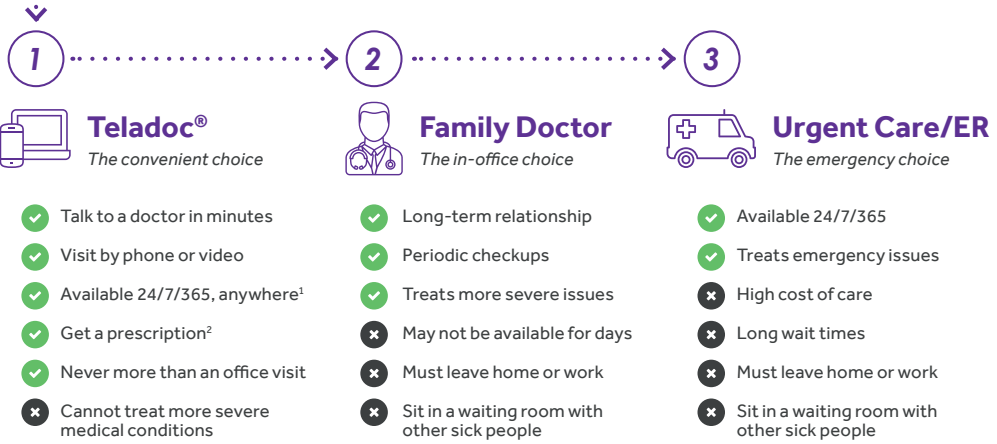
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When you need a doctor, make a smart choice.



Need a doctor? Think of Teladoc first.
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