



Your care. Your way.  
**Access your Teladoc  
Health benefits anytime.**



Scan the code to activate  
your benefits

**General Medical**  
free/visit

Talk to a board-certified doctor or pediatrician 24/7 for non-emergency conditions.

Prescription refills • sinus infections • allergies • stomach bug • COVID-19 advice • and more

**Dermatology**  
free/online review

Upload images and details of your skin issue in the Teladoc Health app. A dermatologist will review them and provide a treatment plan within 24 hours. Follow up via in-app messaging for 7 days after your results.

Eczema • psoriasis • poison ivy • rashes • rosacea • and more

**Nutrition**  
free/visit

Talk to a registered dietitian to achieve your healthiest self.

Weight management • diabetes • digestive issues • custom meal plans • food allergies • and more



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