



## Getting started with Teladoc®



Teladoc's U.S. board-certified doctors are available 24/7/365 to resolve many of your medical issues through phone or video consults. Set up your account today so when you need care now, **a Teladoc doctor is just a call or click away.**

### SET UP YOUR ACCOUNT

It's quick and easy online. Visit the Teladoc website at [Teladoc.com/bsc](http://Teladoc.com/bsc), click "Set up account" and provide the required information. You can also call Teladoc for assistance over the phone.

### REQUEST A CONSULT

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

### PROVIDE MEDICAL HISTORY

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

**Online:** Log into [Teladoc.com/bsc](http://Teladoc.com/bsc) and click "My Medical History".

**Mobile app:** Log into your account and complete the "My Health Record" section. Visit [Teladoc.com/mobile](http://Teladoc.com/mobile) to download the app.

**Call Teladoc:** Teladoc can help you complete your medical history over the phone.

This benefit is made possible through High Desert Inland & Employee/Employer Trust

# Talk to a doctor anytime for \$10

 [Teladoc.com/bsc](http://Teladoc.com/bsc)

 [Facebook.com/Teladoc](https://Facebook.com/Teladoc)

 **1-800-Teladoc**

 [Teladoc.com/mobile](http://Teladoc.com/mobile)

