



## TRS-ActiveCare Healthy Living



**Hot Topic**

- Breast Health
- Flu and pneumonia



**Tool/Resource**

- Health Assessment
- Aetna Navigator



**Save Money/Choose Wisely**

- Teladoc



### SAVE MONEY. CHOOSE WISELY:

## 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 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. SET UP YOUR ACCOUNT

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

**Online:**

Go to [Teladoc.com](http://Teladoc.com) and click "set up account".

**Mobile app:**

Download the app and click "Activate account". Visit [teladoc.com/mobileapp](http://teladoc.com/mobileapp) to download the app.

**Call Teladoc:**

Teladoc can help you register your account over the phone.



### 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

**Plan Pays 100% — ActiveCare Select & ActiveCare 2; \$40 or less - ActiveCare 1-HD. Talk to a doctor anytime!**

- [Teladoc.com/TRSActiveCare](http://Teladoc.com/TRSActiveCare)
- **1-855-Teladoc (835-2362)**



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