

Virtual access to doctors and therapists anytime, anywhere* by app, phone, or video

Get Care Now (General Medical) \$0/unlimited visits

Convenient, high quality healthcare available 24/7 from U.S. board-certified doctors by phone or video

Mental Health \$0/unlimited visits (18+)

Members have access to licensed mental health professionals with the option to receive ongoing care from a provider of their choice

- **Dermatology**

- \$0/unlimited visits**

- U.S. board-certified dermatologists review images and provide diagnosis and treatment plan

- **Nutrition**

- \$0/unlimited visits**

- In-depth nutrition consultations and personalized guides for member specific needs

- **Expert Medical Services**

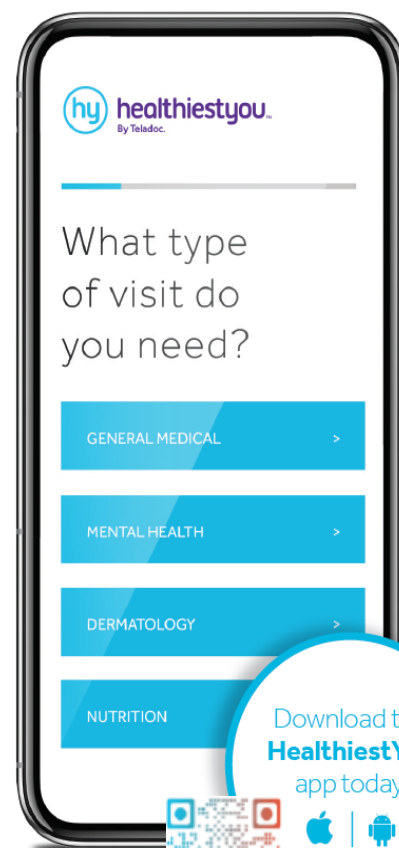
- \$0/unlimited visits**

- In-depth reviews of existing diagnoses and treatment plans from the world's leading experts

- **Digital Physical Therapy**

- \$0/unlimited visits**

- Customized neck and back care programs with videos and access to certified health coaches



Member Services email: help@healthiestyou.com or call **866-703-1259**

When calling please tell representative that you have a HealthiestYou account and the company's name that it is through.



Our U.S. board-certified doctors help with conditions like the flu, bronchitis, rashes, sinus infections and more

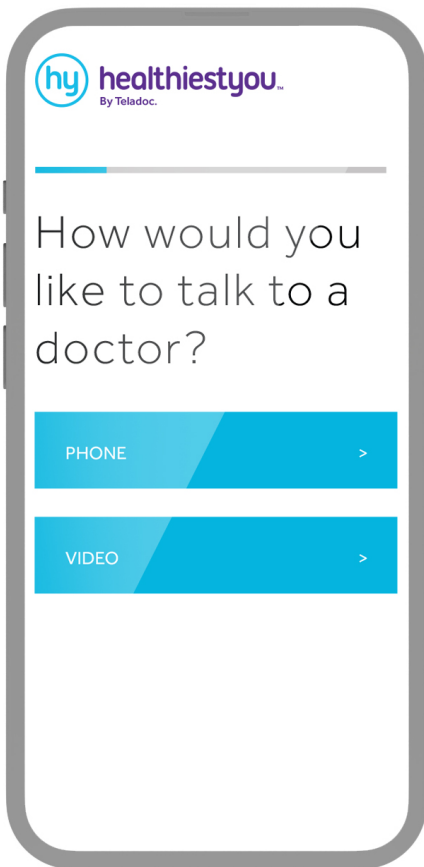
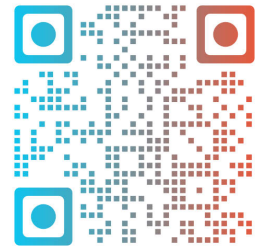


Talk to a doctor from wherever you are - day or night



Skip the trip to the ER or urgent care

Set up your HealthiestYou account in 4 easy steps.



Download the app to connect to licensed providers for free by phone or video 24/7, shop the lowest-cost prescriptions, and much more.

1

Download the app

Search "HealthiestYou" in the app store or on Google Play.



2

Set up your account

Once you've downloaded the app, select "Register," then choose "Employee" as your membership type.

3

Enter basic contact information

Type in your last name, date of birth, and ZIP code.

4

Type in your security information

Enter a valid email address, password, the best number for a HealthiestYou provider to reach you, your preferred language, and accept terms and conditions.



All visits are free.

Download the app today  | 

Teladoc Health, Inc., encompasses consumer brands: Teladoc, Best Doctors, Inc., Advance Medical, and HealthiestYou, Inc.

Although the data contained in this document has been produced from sources believed to be reliable (as referenced herein), no warranty expressed or implied is made regarding accuracy, adequacy, completeness, legality, reliability, or usefulness of any information. Teladoc Health, Inc., shall not be held liable for any improper or incorrect use of the information described and/or contained herein and assumes no responsibility for anyone's use of the information. Further, inclusion of data derived from other sources does not constitute an endorsement by Teladoc Health, Inc. It is the responsibility of the user to evaluate the content and usefulness of information obtained from other sites.

HealthiestYou is now part of Teladoc Health, Inc., the global leader in virtual care.

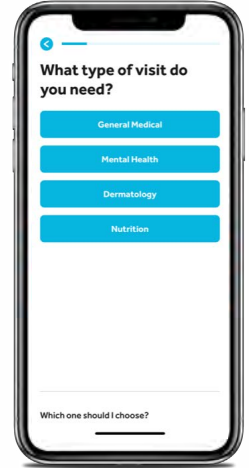
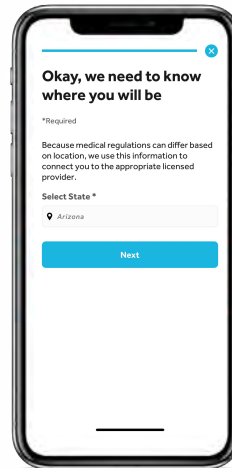
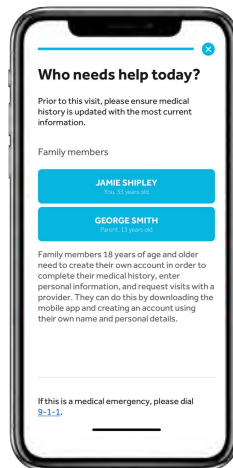
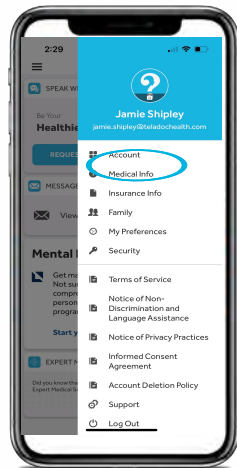
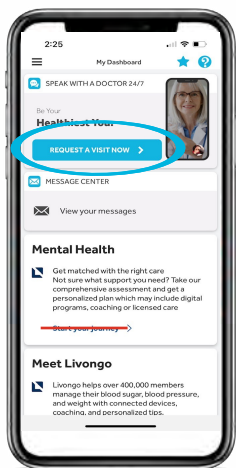
Teladoc Health, Inc., on its own behalf and on behalf of its affiliates and/or wholly owned subsidiaries, including but not limited to Best Doctors, Inc. and HealthiestYou, Inc., and on behalf of its clinical partners, including but not limited to Teladoc Health Medical Group, P.A., (collectively referred to as "Teladoc Health," "we," "us," or "our") owns and operates the websites located at www.teladoc.com, www.bestdoctors.com, www.askbestdoctor.com, members.bestdoctors.com, www.healthiestyou.com, and various mobile applications (collectively, the "site" or "sites"). Through these sites we operate various online services that enable eligible individuals ("members") to receive various types of healthcare information and telehealth services ("services"). The sites also have public portions that allow anyone to educate themselves on the services available from Teladoc Health.



How To Request A Virtual Visit

For General Medical, Mental Health, Dermatology, and Nutrition

1. Open the "HealthiestYou" app and select the profile icon in the upper right hand corner
2. Select "Medical Info." You must complete your medical info before Requesting a A Visit with a provider. This only has to be done once per year.
3. Select "Request A Visit Now" to schedule an appointment with ALL providers.
*Do Not click on the Livongo link "Start your Journey" located under the Mental Health Tile to schedule a provider appointment, use the "request a visit now" button to schedule with ALL services
4. Select the member that is requesting the visit. Minor dependents will be listed under primary members account.
5. Select the state you are currently in at the moment.
6. Select which service you would like to schedule an appointment for General Medical, Mental health, Dermatology and Nutrition.



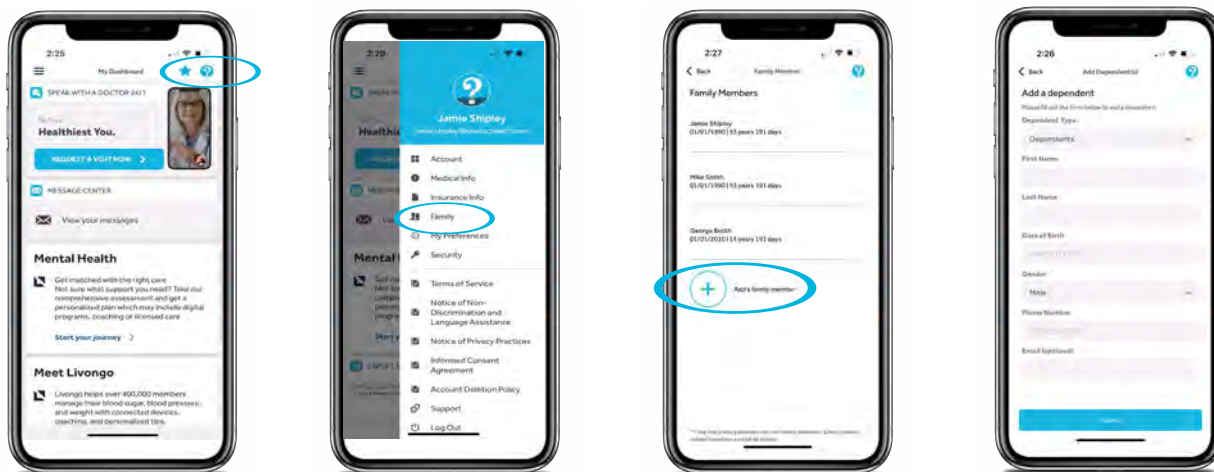


Click here to watch a video: How to add your Spouse/Dependent to your HealthiesYou account

How to add dependents using the mobile app

1. **Open the "HealthiestYou" app** and select the profile icon in the upper right hand corner
2. **Select "Family"** The app will display the names of anyone listed on your account
3. **Select "+Add a Family member"** to add new dependent
4. **Complete the required fields** once saved, your Spouse/Dependent will be able to access services within 24hrs.

Spouses and dependents over the age of 18, must register their own account using a separate email, the primary member can request a consultation on behalf of their minor dependents under 18.



NOTE: Any Spouse/Dependent that is added, will need to wait 24 hours to become effective

Set up your account today

HealthiestYou.com | 866-703-1259

HealthiestYou

Frequently Asked Questions

What is HealthiestYou?

HealthiestYou is a healthcare service that offers convenient, confidential access to quality doctors 24/7, anytime, anywhere.

By scheduling a visit with one of our U.S. board-certified and licensed medical doctors, you can be diagnosed, treated, and prescribed medication if necessary.

What can I use HealthiestYou for?

HealthiestYou can help you with everyday, non-emergency healthcare issues, including sinus problems, allergies, flu symptoms, and much more. Skip the waiting room and the trip to the ER. We're here to help you feel better, faster, and get you back to living your life.

Does HealthiestYou replace my doctor?

No. HealthiestYou doesn't replace your primary care doctor. HealthiestYou should be used for non-emergency illnesses when it is not convenient to get to the doctor or it is outside of regular office hours.

How do I set up my account?

Download the HealthiestYou app, visit the website, or call the number below to set up your account.

Do I need to have my insurance information available?

No. HealthiestYou is a separate benefit, and your insurance information is not required to have a visit.

How do I access HealthiestYou?

The service can be accessed by app, web, or phone, and visits are available by phone or video.

Can my family use HealthiestYou?

This varies depending on your specific HealthiestYou plan. Most plan designs allow you to use the HealthiestYou service for you, your spouse, and your dependents. Dependents over 18 years old must call our service center to request a visit. For dependents under 18 years old, the primary account holder must request a visit on their behalf through the app, website, or by phone.



How much does it cost?

Free—there are no visit fees when using HealthiestYou for everyday medical care.

Is there a time limit when talking to the doctor? And am I charged more for taking longer?

There is no time limit for visits, and there is no extra charge for longer doctor visits.

Who are the HealthiestYou doctors?

HealthiestYou doctors are U.S. board-certified internists, family doctors, and pediatricians. They average 20 years of experience and are licensed to practice in your state.

Can HealthiestYou physicians prescribe medications?

Yes, when medically appropriate, doctors can prescribe medications. If a prescription is not required, the doctor may provide the member with instructions for managing symptoms or following up with their primary care doctor.

Can my primary care doctor get a record of my HealthiestYou visit?

With your consent, we'll send an electronic copy of your HealthiestYou visit to your primary care doctor.

Can I use HealthiestYou while traveling?

HealthiestYou is available in all 50 states, so you can use the service while traveling within the United States. Some restrictions may apply.

Who should I contact if I have questions or encounter an issue?

We aim to make your experience with us as seamless as possible. If you encounter an issue with your account, please email the Member Services email: help@healthiestyou.com. To assist you with scheduling a provider visit you can call our member services team at 1-866-703-1259.



Download the app to talk to a doctor 24/7

Visit HealthiestYou.com

Call 1-866-703-1259 | Download the app  

*When calling please tell representative that you have a **HealthiestYou** account and the **company's name** that it is through.*