

Teladoc

Enjoy On-Demand Health Care

with 24/7 Access to Doctors by Phone or Video



What Teladoc Does for You

General Medical

- Doctors offer a diagnosis, treatment options, and prescription, if medically necessary for a \$15 visit fee
- Treatment for common medical issues such as colds, flu, poison ivy, respiratory infections, bronchitis, pink eye, sinus problems, allergies, urinary tract infections and ear infections
- Includes spouse and dependents — from children to seniors
- U.S. board-certified doctors with an average 20 years practice experience
- If you are caring for an aging parent or loved one, you can provide them access to \$49 visits

Nutrition

- Registered dietitians help you develop a personalized eating plan or manage health conditions like diabetes or high blood pressure
- \$59 per consultation

Dermatology

- Upload images for a quick, convenient, and discreet treatment plan within 2 business days for skin conditions such as rash, acne, psoriasis, suspicious moles, and more
- \$75 per consultation, plus one follow-up question



Download the **My Benefits Work Mobile App**
800.800.7616 | [MyBenefitsWork.com](https://www.MyBenefitsWork.com)

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Teladoc Mental Health Complete

Get the Right Support at the Right Time

with a Stepped Care Approach
In One Comprehensive Mental
Health Platform



What Teladoc Mental Health Complete Does for You

- Start with a comprehensive assessment and receive a personalized plan with recommendations based on your priorities, needs, stressors, and goals
- Choose from several self-guided programs for help with stress, depression, sleep, and more
- Speak with a certified life coach who will design a unique blend of video coaching and digital activities to help you manage life's challenges over the course of up to 7 sessions
- Establish ongoing relationships with licensed therapists, psychologists, or psychiatrists for \$25 per visit who can help with the most common mental health concerns via phone or video
- Adolescent therapy is available for teens ages 13-17, excluding psychiatry and coaching
- Access in-the-moment tools designed to help you address problems as they are happening, without waiting for a scheduled office visit



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Mental Health Complete visits are not available to minors 12 and younger. Coaching and psychiatry consultations are not available for anyone under the age of 18. Not all Mental Health specialists will be available in all states. The Teladoc Mental Health Complete software does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc.

Alternative Medicine

**Experience
Natural Health
and Wellness
Methods
At Reduced Costs**



- Save 10–30% on alternative medicine practices

What **Alternative Medicine** Does for You

- As traditional healthcare costs continue to increase, over 37% of adults have turned to natural health and wellness methods
- Forms of alternative medicine help reduce stress, relieve migraines, help people quit smoking, and more
- Enjoy savings on a variety of specialties, including acupuncture, massage therapy, hypnotherapy, yoga, and tai chi
- Access over 35 specialties and 35,000 practitioners nationwide



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Save on Prescriptions

for the Whole Family,
Including Pets



- Save 10% to 85% on most prescription medications

What NB Rx Does for You

- Receive discounts on thousands of medications at 60,000+ retail pharmacies nationwide, including Walgreens, Target, CVS, and many other independent, national, and regional chains
- Find the best deal by comparing prescription prices at participating pharmacies with our Rx pricing tool located through your mobile app or web portal; then text or email the prescription price to easily cash in your savings at the pharmacy
- My Medicine Cabinet feature allows you to save your prescription search so you can easily refresh pricing for your next refill
- Even if you have insurance, you can present both cards at the pharmacy or research online to receive the lowest price



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Pharmacy discounts are not insurance, not intended as a substitute for insurance, and only available at participating pharmacies.

Lab Testing

Monitor your Health with Lab Work Savings

- Save 10% to 80% on typical costs for lab work

What Lab Testing Does for You

- Know your numbers to stay on top of health issues and make smarter, preventive health care decisions
- Enjoy direct access to over 1,500 major clinical laboratories nationwide
- Test categories include allergies, vitamin levels, cholesterol levels, liver function, fertility, thyroid issues, and more
- Get confidential results in as little as 24 hours for most tests
- You don't need a doctor's order for lab tests



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Lab Services not available in the following states:

Quest: AZ, NJ, NY, and RI. At Home Tests: NJ, NY, and RI

Diagnostic Imaging



Get a Better
Image
at a Better Cost

- Overall utilization of diagnostic imaging procedures has been increasing rapidly in the U.S.

What **Diagnostic Imaging** Does for You

- Rather than just going to the closest diagnostic imaging center, make a quick phone call to save on your scans
- Save money and time with access to pre-negotiated discounted rates on MRI, CT scans, ultrasounds, X-rays, mammograms, gastroenterology services, and lab tests at thousands of credentialed radiology centers nationwide
- Getting a better image can mean a better diagnosis, better treatment plan, and better recovery
- You will be referred to a certified technician based on condition, preferences, and location



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Certain services may not be available in all geographical locations. This program can be canceled, without notice, at any time for any reason.

Diabetic Supplies

**Save on
Diabetic
Supplies**
to Better Maintain
your Health



- Save 10% to 50% on diabetic testing supplies

What Discounted **Diabetic Supplies** Do for You

- With the convenient online, pre-paid program, you receive discounted diabetic testing supplies shipped directly to your home
- Join an annual testing program for additional savings, or purchase individual items as needed
- Get a free fully-audible blood glucose meter with your first order
- Receive tracking information updates via email or text
- No prescription is required for over-the-counter testing supplies



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Durable Medical Equipment

Save on Medical Equipment
Shipped Directly to You



- Save 20% to 50% on durable medical equipment

What Durable Medical Equipment Does for You

- Durable medical equipment enables you or your loved ones to manage health at home, reducing hospital stays and nursing home admissions
- Available products include wheelchairs, walking aids, hospital beds, orthopedic products, and bathroom safety
- Discounted supplies are ordered online and shipped directly to your home
- Save an additional \$5 on orders* of \$50 or more



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**Restrictions may apply*

Hearing



Substantial Savings on Retail Hearing Aids

Retail Hearing Care by Amplifon

- Average savings of 64% off the manufacturer suggested retail price for hearing aids
- One year free follow-up care for cleaning and checkups with purchase
- Free two-year supply of disposable batteries or a charging station to keep you powered
- Three-year warranty for loss, repairs, or damage
- 100% money-back guarantee during your 60-day risk-free trial
- Offering leading manufacturers including Miracle Ear, Phonak, Starkey, Oticon, eSound, Signia, Widex, and Unitron



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