Blue Shield of California is excited to offer Teladoc™ – a new and convenient way to access quality care.

Teladoc’s U.S. board-certified doctors are available 24/7/365 to resolve many of your non-emergency medical issues through phone or video consults. When you need care, a Teladoc doctor is just a call or click away.

### Get started with Teladoc

1. **Set up account**
   
   Visit Teladoc.com/bsc, complete the required information and click on Set up account. You can also call Teladoc for assistance.

2. **Provide medical history**
   
   Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.
   - **Web:** Log in to Teladoc.com/bsc and click My Medical History.
   - **Mobile:** Log in to Teladoc.com and complete the My Health Record section. Visit Teladoc.com/mobile to download the app.
   - **Phone:** Teladoc can help you complete your medical history over the phone. Call 1-800-Teladoc (835-2362).

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

### Use Teladoc

- If you’re considering the ER or urgent care center for a non-emergency
- On vacation, on a business trip, or away from home
- For short-term prescription refills

### Get the care you need

Teladoc doctors can treat many medical conditions including:
- Cold and flu symptoms
- Allergies
- Bronchitis
- Urinary tract infection
- Respiratory infection
- Sinus problems
- And more!

### Meet our doctors

All Teladoc doctors:
- Are practicing PCPs, pediatricians and family physicians
- Have an average of 15 years’ experience
- Are board certified and licensed
- Are credentialed every three years

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Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulations and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. Teladoc phone and video consultations are available 24 hours a day, seven days a week.

Blue Shield of California is an independent member of the Blue Shield Association.

www.teladoc.com
1-800-Teladoc (835-2362)

Talk to a doctor anytime for a small copay of $5

blueshieldca.com