

# Talk to a anytime

Teladoc® is a national network of U.S. board-certified doctors available on-demand 24/7/365 to diagnose, treat and prescribe medication, if necessary, for many of your medical issues. It's quality care when you need it at a price you can afford.

***Consults are FREE!***

## **When Can I Use It?**

- After normal office hours
- On vacation or a business trip
- For refill of recurring prescription (short term only)
- For non emergency medical assistance
- When your schedule doesn't allow for an in-office visit
- For an explanation or a second opinion
- For lab results
- For pediatric care (down to age 0)

## **Why Would I Use It?**

- Sinus problems
- Cold/flu
- Pink eye
- Ear infections
- Allergies
- Urinary tract infection
- Bronchitis
- Upper respiratory infection
- Nasal congestion
- And more!

# How does Teladoc work?

The screenshot shows the Teladoc patient portal. At the top, there is a navigation bar with the Teladoc logo, the user name 'Welcome, Susan Smith!', and links for 'HOME', 'LOGOUT', 'FAQ', and 'CONTACT US'. Below the navigation bar are tabs for 'Overview', 'My Medical History', 'My Family', 'My Account Information', and 'My Message Center', along with a 'Request a Consult' button. The main content area is divided into several sections: a large video player with the text 'I can see you now' and a doctor's face; a 'My Family' section with a table of family members; a 'My Message Center' section with a list of messages; and a 'Quick Links' section with buttons for 'Request a Consult', 'View Invoices', 'Print ID Card', and 'View Invoices'.

Name	Relationship	Age
John	Son	3
Mini	Daughter	3
Amanda	Daughter	1
Susan	Daughter	10
Joseph	Parent	58
Fred	Son	4
Pretty	Daughter	5
Josh	Son	30
Billy	Son	18
Test	Son	17
Test	Son	19



**Step 1**  
Complete  
medical history



**Step 2**  
Request  
consult



**Step 3**  
Talk with a  
physician



**Step 4**  
Resolve  
the issue

# Getting started

It's quick and easy to set up your account.  
And once your account is set up, a doctor is only a call or click away.

1. Visit [teladoc.com](http://teladoc.com)
2. Click “Set up account”
3. Provide your name, contact information, and date of birth.
4. If you do not see a username on your welcome kit (or you do not have access to it), choose “No, I do not have a username.”
5. Select “My employer or insurance provider offers me access to Teladoc.”
6. Enter “Douglas County School District” in the “Company Name” field.
7. Complete the registration steps.
8. You can also complete your registration over the phone by calling 1-800-TELADOC (835-2362).

