

# 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, it says 'Welcome, Susan Smith!' with links for HOME, LOGOUT, FAQ, and CONTACT US. The main navigation bar includes Overview, My Medical History, My Family, My Account Information, My Message Center, and a Request a Consult button. The central area features a video player with a doctor saying 'I can see you now' and three interactive buttons: 'What I can do for you', 'How to make the most of your consult', and 'Antibiotic Awareness'. To the right is a 'My Family' section with a table of family members and an 'UPDATE MY FAMILY MEMBERS' link. Below that is a 'My Message Center' with 2 new messages and a 'VIEW ALL MESSAGES' link. The messages list includes 'A Message About Your Jan 7 Consultation', 'A Message About Your Dec 31 Consultation', and 'A Message About Your Dec 17 Consultation'. A 'Quick Links' section at the bottom right contains links 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 “City of Idaho Falls” 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).

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