Blue Shield of California offers Teladoc:
Access to licensed doctors 24/7 by phone or video

Get care when and where you need it through your Blue Shield health plan. As a Blue Shield member, you have access to Teladoc’s national network of U.S. board-certified physicians, licensed in California. Whenever you need care, Teladoc* doctors are available 24/7 by phone or video.

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| • If you’re considering the ER or urgent care center for a non-emergency  
• When on vacation, a business trip, or away from home  
• For short-term prescription refills | Teladoc doctors can treat many medical conditions including:  
• Cold and flu symptoms  
• Allergies  
• Bronchitis  
• Respiratory infection  
• Sinus problems  
• And more | All Teladoc doctors:  
• Are practicing primary care physicians, pediatricians, and family physicians  
• Have an average of 20 years of experience  
• Are board certified and licensed  
• Are credentialed every three years |

Get started with Teladoc

1. **Set up account**
   - Visit [www.teladoc.com/bsc](http://www.teladoc.com/bsc), complete the required information, and click on Set up account. You can also call Teladoc at 1-800-Teladoc (835-2362) for help.

2. **Provide medical history**
   - Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.
     - **Web:** Log in to [www.teladoc.com/bsc](http://www.teladoc.com/bsc) and click Update medical history.
     - **Mobile:** Visit [www.teladoc.com/mobile](http://www.teladoc.com/mobile) to download the app. Log in and go to the menu icon on the top left to complete the “Medical Info” section.
     - **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.

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**Talk to a doctor anytime for a small copay***

- HMO and PPO members: $5 copay per consult.
- Trio HMO and Tandem PPO Plans: $0 copay per consult.
- Don’t wait until you are sick. Set up your profile now at [www.teladoc.com/bsc](http://www.teladoc.com/bsc).

* High-deductible health plan (HDHP) members pay a $45 consult fee until the deductible is met, then a $5 copay. Please see your Evidence of Coverage for a detailed description of coverage benefits.

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