



Enhanced Teladoc benefit for 2020 with Trio HMO: Access licensed doctors 24/7 by phone or video for a \$0 copay

Get care when and where you need it through your Trio HMO plan. As a Trio 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 for a \$0 copay per consult.*

Use Teladoc	Get the care you need	Meet the doctors
<ul style="list-style-type: none"> • 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 	<p>Teladoc doctors can treat many medical conditions including:</p> <ul style="list-style-type: none"> • Cold and flu symptoms • Allergies • Bronchitis • Respiratory infection • Sinus problems • And more 	<p>All Teladoc doctors:</p> <ul style="list-style-type: none"> • 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



Don't wait until you are sick: Get started with Teladoc today

1 Set up account

Visit 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 teladoc.com/bsc and click *Update medical history*.

Mobile: Visit 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.