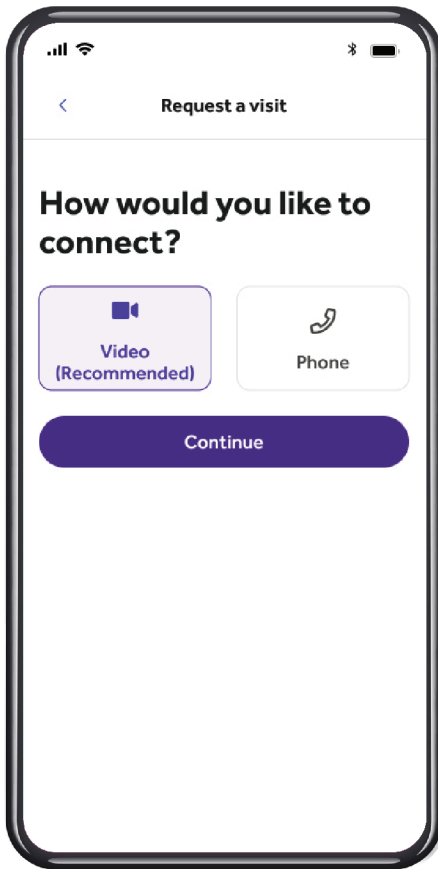


The right care when you need it most

Here for you anytime, anywhere, by phone or video.



Your Teladoc Health service(s):



General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get same-day virtual visits from anywhere. Teladoc Health's doctors, nurse practitioners and other healthcare providers can diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats



Mental Health

Have real conversations and see progress with a therapist of your choice. Available 7 days a week from the privacy of your home.

- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

- ✓ Choose the therapist who best fits your needs
- ✓ Speak with an expert from wherever you are most comfortable
- ✓ Schedule an appointment when it's convenient for you
- ✓ Confidential treatment for as little or as long as you need

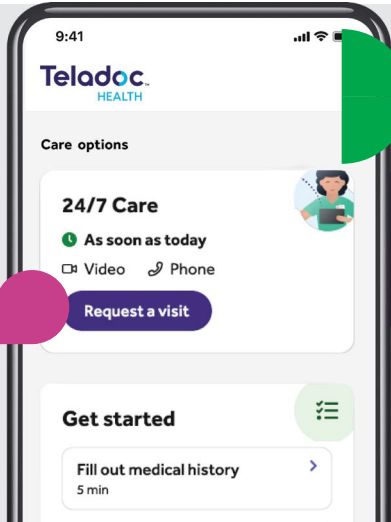


On average,
90% of people
who used the mental health solution
say it helped them **feel better.***

Set up your Teladoc Health account now!

Visit Teladoc.com | Call 1-800-TELADOC (800-835-2362) | Download the app

General Medical: What to know about this benefit



Did you know 60% of patients have to wait 2 weeks to see their primary physician and only 10% are able to get in to see their regular doctor the same day they need care?¹

Our Teladoc Health benefit gives you access to compassionate care from U.S. board certified clinicians, anytime, anywhere. Providers are available in all 50 states and you can meet with them 24/7 by phone or video.

The average Emergency Room care costs 10 times more than an urgent care visit for the same diagnosis.²

Teladoc Health can help you skip the trip to the ER or urgent care for non-emergency problems, avoid long wait times and save money since you can see a clinician within minutes by phone or video. Teladoc Health is here to listen, answer your questions and help you feel better faster.

- **What services does Teladoc Health provide?** Teladoc Health provides healthcare for the whole you and can help you with everyday, non-emergency health needs like prescription refills, coughs, colds, UTIs, sinus, allergies and much more. Teladoc Health helps you get healthy and live healthy. Visits can be by phone or video and there is no time limit on how long the visit is.
- **How much does Teladoc Health cost?** Nothing! Paid at 100% for active employees and dependents covered under GPA's medical plans.
- **How do I sign up?** To sign up for Teladoc Health, scan the QR code below to download the app, call 1-800-835-2362, or visit the website. When registering, **do not check** the "I received a Teladoc code from my employer or insurance company".
- **How does it work if I am traveling and not in the state I live in when I need help?** Teladoc Health is available in all 50 U.S. states, so the service can be used even if you are traveling. Some restrictions may apply.
- **Can Teladoc Health providers prescribe medicine?** Yes they can when it makes sense medically. But, Teladoc Health providers do not prescribe controlled substances, drugs like Viagra and Cialis, and/or other drugs that have a higher risk of abuse. If a prescription is not needed, the Teladoc Health provider may give you instructions for managing symptoms.

Call 1-800-835-2362

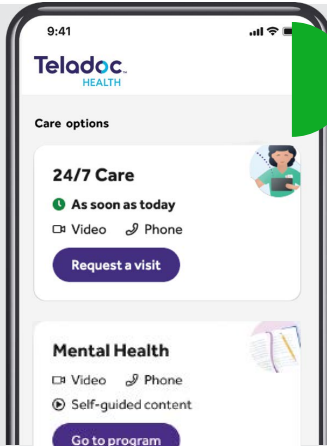
Visit [TeladocHealth.com](https://www.teladoc.com) | Download the app  



¹ <https://plus.credit-suisse.com/rpc4/ravDocView?docid=V7r1Oh2AN-ZqC1>

² <https://www.ucaoa.org/LinkClick.aspx?fileticket=Q4TP7cypW94%3D&portalid=80>

Mental Health: What to know about this benefit



Did you know 1 in 5 adults battle with Mental Health challenges each year?¹

This means it's likely you or someone you know may need to find mental health help at some point. Our Teladoc Health plan might offer additional services like meeting with mental health professionals by phone or video. This care is always private because you choose when and where to meet with the therapist (like at home, in your vehicle). Our experts help with stress, anxiety, sleep and more so you can care for yourself emotionally. Your mental health deserves as much attention as your physical health. So join the 75% of people using the Teladoc Mental Health benefit who say this service has helped them feel better in just 3 appointments.

- **What Mental Health services does Teladoc Health provide?** Teladoc Health licensed therapists are here for you no matter what you are facing, whether it's big or small. They can help you improve your mood with things like:
 - Learning to stay calm in stressful moments
 - Managing and understanding depression
 - How to handle relationship and family problems
 - Controlling anxiety caused by work or personal issues
 - Working through past trauma
 - Overcoming burnout which could be causing mental or physical exhaustion and irritation
- **How much does Teladoc Health cost?** Nothing! Paid at 100% for active employees and dependents covered under GPA's medical plans.
- **How do I sign up?** To sign up for Teladoc Health, scan the QR code below to download the app, call 1-800-835-2362, or visit the website. When registering, **do not check** the "I received a Teladoc code from my employer or insurance company". After you set up your account, you will fill out a short medical history. Then, you can choose the provider who you like and best fits what you are looking for. Then you will schedule a private visit at a time - and place - that works for you.

Call 1-800-835-2362

Visit TeladocHealth.com | Download the app  



¹ <https://www.nami.org/mhstats>

You now have access to Adolescent Mental Health care

Therapy and support for
teens ages 13-17



With everything going on in the world, teenagers are experiencing more emotional pressure than usual. This has led to increased reports of depression, anxiety and behavioral issues. If you're worried about your teen, you can access your Teladoc Health Adolescent Mental Health service at any time.

Our licensed therapists specialize in supporting teens who need help with:

- Depression
- Anxiety
- Disordered eating
- Healthy coping
- Trauma
- LGBTQIA+ needs
- Relationships
- Codependency
- Sexual health
- ADHD
- Life transitions

How it works:

- 1 Add your adolescent as a covered dependent on your account. Fill out the consent and intake forms.
- 2 From the parent/guardian account, choose a therapist who your teen would like to meet. Select a day and time that works for both of you.
- 3 Attend the beginning of your teen's first therapy visit. Parent/guardian attendance is only required for the first visit.

Find a therapist for your teen

Visit TeladocHealth.com | Download the app  

Parent/guardian must be present at the beginning and end of each initial provider visit. Not required for ongoing visits.

© Teladoc Health, Inc. 2 Manhattanville Rd. Ste 203, Purchase, NY 10577. All rights reserved. The marks and logos of Teladoc Health and Teladoc Health wholly owned subsidiaries are trademarks of Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.



Get started with Teladoc Health



It's quick and easy to set up your account online. Simply visit the Teladoc Health website, click "Get started" or "Sign up," and then follow the instructions below.



1 Confirm benefits

Provide some information about yourself to confirm your eligibility.

Tell us about you

Enter your information just as it appears on your health insurance card or pay stub.

* Required

First Name*

Last Name*

Email*

Country*

ZIP code*

Sex assigned at birth*

Month of birth* Day* Year*

MM DD YYYY

I received a Teladoc code from my employer or insurance company

Next

2 Find your coverage

Confirm the coverage that has been matched to you. Please note your care option through your employer group will pop up here if a match is found, like the example below. Click "Next" to proceed with account set up.

We found a match!

These care options are available with your coverage.

Company ABC

- General Medical

Is this incorrect? [Add new coverage](#) or call us at [1-800-835-2362](tel:1-800-835-2362)

Next

Do not check the "I received a Teladoc code from my employer or insurance company".

If your current employer is not listed, click "Add new coverage".

3 Create account

Enter your contact information, username, password and security questions.

Finish creating your account

* Required

Create your username and password*

Username*

Password*

Confirm password*

Enter your information*

Address*

Address line 2 (Optional)

City*

Country*

State*

ZIP code*

Secure your account*

Security question 1*

Answer 1*

Security question 2*

Answer 2*

Security question 3*

Answer 3*

Visit preferences*

Country

Preferred Phone Number*

Preferred language for visits*

TTY relay service needed (hard-of-hearing, speech impairment, or similar)



How did you learn about Teladoc?

I accept Teladoc's [Notice of Privacy Practices](#), [Terms of Service](#) and [Notice of Nondiscrimination and Language Assistance](#).

Create account

Once your account is created, eligible dependents under 18 years of age can be added in your account settings under the primary member. Dependents older than 18 should follow the steps above to create their own account.

Set up your Teladoc Health account today

Visit TeladocHealth.com | Call 1-800-835-2362 | Download the app  | 

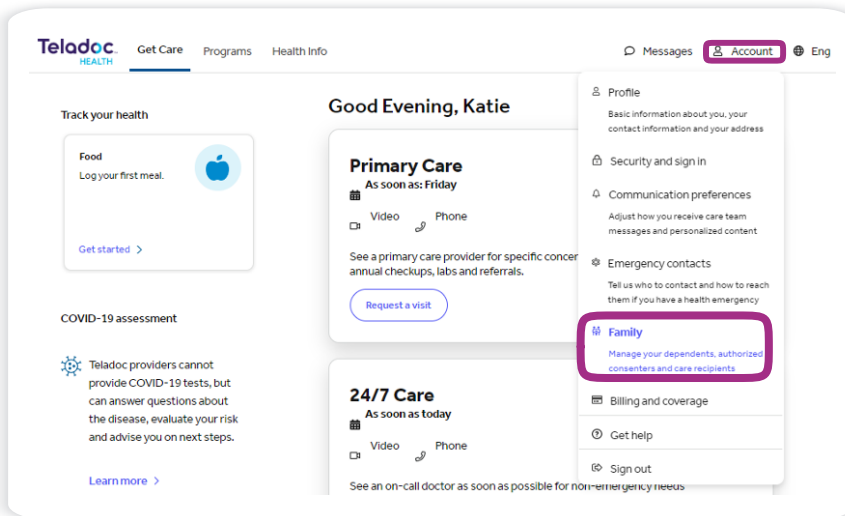
Adding dependents to your account

It's quick and easy to add dependents to your Teladoc Health account. Simply login and follow the instructions below.



1 Access your account

Login to your Teladoc Health account. At the top of the home screen, click on "Account" then "Family."



Eligible dependents

For Teladoc Health services, eligible dependents are defined as spouse, children, domestic partner, and children of your domestic partner.

Dependent children under 18

For dependent children under 18 you will add and manage them through your own account.

Dependent children ages 18-26

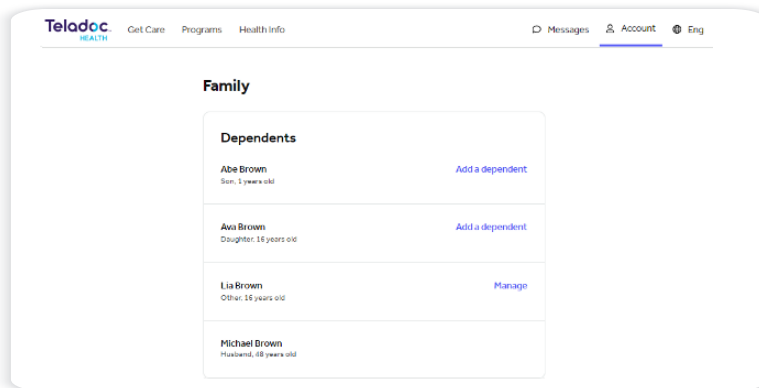
You will also add dependent children ages 18-26 to your account, but they will receive an email directly to register and manage their own account.

Adult dependents

Once added to your account, adult dependents will receive an email directly to register and manage their own account.

2 Add dependents

Click "Add a dependent" and provide the required information (including date of birth). Dependents over 18 should use the same zip code employee used to register to be matched to Teladoc Health.



Add your dependents to your account today

Visit TeladocHealth.com | Download the app  | 

For help, call the Teladoc Health Employee Support Line, 24/7: 1-877-266-0372