



Simplify your life with **free healthcare.**


Access Board Certified Doctors and Therapists by phone, video, or app 24/7/365.


No insurance needed!





Be your **Healthiest You**


Take control of your health. Download the app to start using your free healthcare services.


 **Talk to a doctor 24/7** **\$0 visit fee - Unlimited Visits**
Speak to a licensed doctor by phone or video 24/7 from anywhere

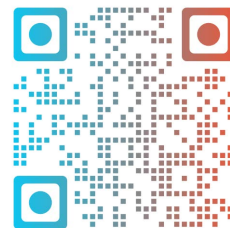
 **Expert Medical Services** **\$0 visit fee - Unlimited Visits**
Receive a second opinion on an existing diagnosis and treatment for any condition

 **Mental Health-"myStrength Complete"** **\$0 visit fee - Unlimited Visits**
Connect with a licensed therapist by phone/video. Explore skill building tools and resources based on your ongoing needs and preferences.

 **Neck/Back Care** **\$0 visit fee - Unlimited Visits**
Relieve your back pain through guided videos with a certified health coach

 **Dermatology** **\$0 visit fee - Unlimited Visits**
Upload photos of your condition to the app and get a treatment plan from a dermatologist within two business days

 **Nutrition** **\$0 visit fee - Unlimited Visits**
Connect with a certified dietitian and start meeting your nutrition goals today!



Download the app and talk to a doctor for free 24/7.

Member.HealthiestYou.com | 866-703-1259

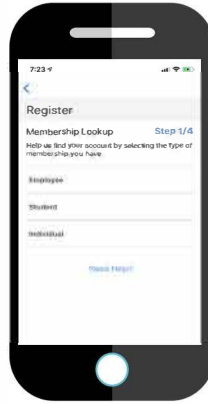
HealthiestYou is now part of Teladoc Health, the global leader in virtual care. Teladoc Health, Inc., on its own behalf and on behalf of its affiliates and/or wholly owned subsidiaries including but not limited to Best Doctors, Inc.; HealthiestYou, Inc.; Teladoc Physicians, P.A., and Teladoc Behavioral Health, P.A. (collectively referred to as "Teladoc Health," "we," "us," or "our"), owns and operates the websites located at www.teladoc.com, www.bestdoctors.com, www.askbestdoctor.com, members.bestdoctors.com, www.healthiestyou.com, and various mobile applications (collectively, the "site" or "sites"). Through these sites we operate various online services that enable eligible individuals ("members") to receive various types of healthcare information and telehealth services ("services"). The sites also have public portions that allow anyone to educate themselves on the services available from Teladoc Health. 10E-207B_249105700_07272018

How to register and get started with **HealthiestYou!**



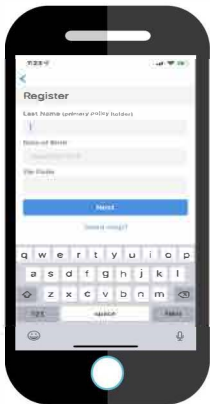
Step 1

Search and download “HealthiestYou” or “HY” in the app store or Google Play! Available on your iPhone or Android devices!



Step 2

Select “First time here? Register Now”. Select employee as your membership type.



Step 3

Enter the Primary Member's Information:

- Last Name
- D.O.B.
- Zip Code



Step 4

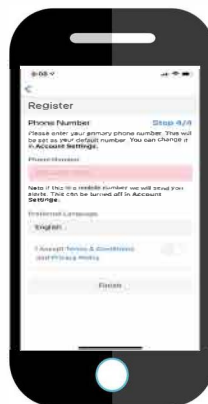
A list of names associated with the account will appear. Select your name.

- Dependents under 18 will appear on the primary member's profile.
- Dependents over 18 will need to register their own account with a separate email.



Step 5

Enter in a valid email address and password. Password must meet the listed requirements.



Step 6

Enter in the best number to reach you. Our doctors will use this number to contact you.

Select your preferred language.

Click “I Accept Terms & Conditions.”

Click Finish.

Download the App Today!

member.healthiestyou.com

Need A Doctor? 866-703-1259 x1

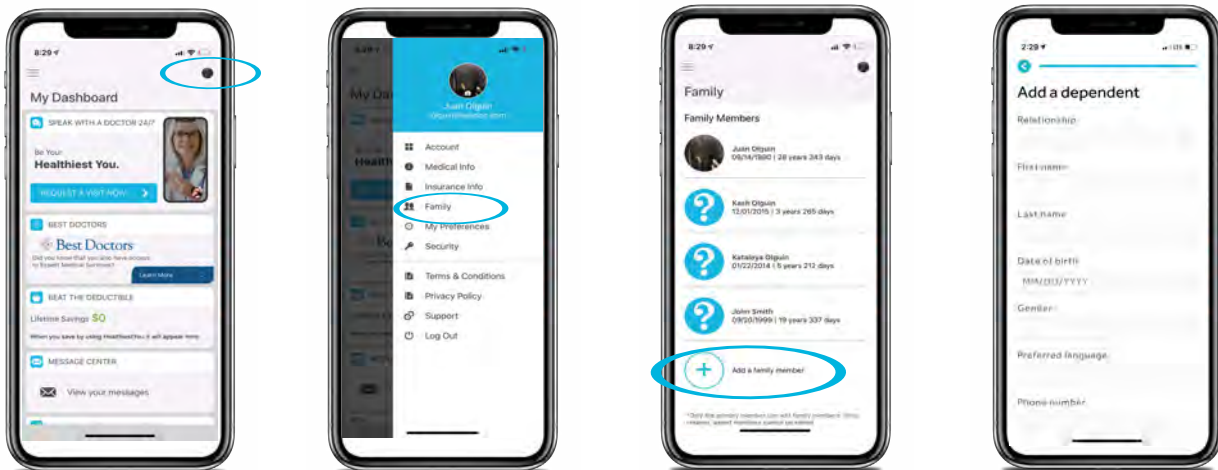
Account Help? 866-703-1259 x3



How to add dependents to your HealthiestYou account using the mobile app.

1. **Open the "HealthiestYou" app** and select the icon in the upper right hand corner.
2. **Select "Family"**. The app will show display the names of anyone listed on your account.
3. **Select "Add a Family member"** to add a Spouse/Dependent that is not listed.
4. **Complete the required fields.** Once saved, your Spouse/Dependent will now be able to register their own mobile app profile.

Spouses and dependents over the age of 18, must register their own account using a separate email.



NOTE: Any Spouse/Dependent that is added, will need to wait 24 hours to become effective.

Set up your account today

HealthiestYou.com | 866-703-1259



HealthiestYou

Frequently Asked Questions

What is HealthiestYou?

HealthiestYou is a healthcare service that offers convenient, confidential access to quality doctors 24/7, anytime, anywhere.

By scheduling a visit with one of our U.S. board-certified and licensed medical doctors, you can be diagnosed, treated, and prescribed medication if necessary.

What can I use HealthiestYou for?

HealthiestYou can help you with everyday, non-emergency healthcare issues, including sinus problems, allergies, flu symptoms, and much more. Skip the waiting room and the trip to the ER. We're here to help you feel better, faster, and get you back to living your life.

Does HealthiestYou replace my doctor?

No. HealthiestYou doesn't replace your primary care doctor. HealthiestYou should be used for non-emergency illnesses when it is not convenient to get to the doctor or it is outside of regular office hours.

How do I set up my account?

Download the HealthiestYou app, visit the website, or call the number below to set up your account.

Do I need to have my insurance information available?

No. HealthiestYou is a separate benefit, and your insurance information is not required to have a visit.

How do I access HealthiestYou?

The service can be accessed by app, web, or phone, and visits are available by phone or video.

Can my family use HealthiestYou?

This varies depending on your specific HealthiestYou plan. Most plan designs allow you to use the HealthiestYou service for you, your spouse, and your dependents. Dependents over 18 years old must call our service center to request a visit. For dependents under 18 years old, the primary account holder must request a visit on their behalf through the app, website, or by phone.

How much does it cost?

Free—there are no visit fees when using HealthiestYou for everyday medical care.

Is there a time limit when talking to the doctor? And am I charged more for taking longer?

There is no time limit for visits, and there is no extra charge for longer doctor visits.

Who are the HealthiestYou doctors?

HealthiestYou doctors are U.S. board-certified internists, family doctors, and pediatricians. They average 20 years of experience and are licensed to practice in your state.

Can HealthiestYou physicians prescribe medications?

Yes, when medically appropriate, doctors can prescribe medications. If a prescription is not required, the doctor may provide the member with instructions for managing symptoms or following up with their primary care doctor.

Can my primary care doctor get a record of my HealthiestYou visit?

With your consent, we'll send an electronic copy of your HealthiestYou visit to your primary care doctor.

Can I use HealthiestYou while traveling?

HealthiestYou is available in all 50 states, so you can use the service while traveling within the United States. Some restrictions may apply.

Who should I contact if I have questions or encounter an issue?

We aim to make your experience with us as seamless as possible. If you have any further questions or encounter an issue, please visit our website at HealthiestYou.com or call our member services team at 1-866-703-1259.

Download the app to talk to a doctor 24/7

Visit HealthiestYou.com

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