

Virtual care that makes healthier possible

Access your healthcare by
phone, video or app.



General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get a same-day appointment with a certified clinician from wherever you are.

Expert Medical Opinion

Need a second opinion? Get assurance and advice on a diagnosis, treatment or surgery from leading experts in over 450 specialties.

Mental Health

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



Discover digital content and resources based on your goals and needs. Recommended activities and content. Explore skill building tools and resources based on your ongoing needs and preferences.

Digital Physical

Therapy Overcome pain from home, in partnership with Sword Health, through a custom plan from a physical therapist and personalized content.

Dermatology

Start an online skin review with a dermatologist by uploading images and details of your concern. Get a treatment plan and prescription if needed in 24 hours or less.

Nutrition

Members work directly with registered dietitians who assess clinical nutrition needs and develop personalized programs including custom meal plans and shopping guides

Set up your account or log in to schedule a visit

Visit HealthiestYou.com | Call 1-866-703-1259 | Download the app  



We're here when your teen needs that extra support

The loss of someone close to you can be really tough on teens, especially if they've never experienced a loss before. Many parents and caregivers may feel like they don't know what to say or do.

When grieving,¹ it's normal for teens to:

- Isolate themselves
- Experience changes in sleep patterns
- Appear more irritable or frustrated
- Feel guilty or sad
- Worry or feel anxious
- Withdraw from usual activities

Grief can feel overwhelming, but support and understanding can make a big difference.

HealthiestYou is here to help your teen

- ✓ Find a therapist who your teen connects with
- ✓ Schedule an appointment 7 days a week
- ✓ Get help anytime, anywhere—by phone or video

Reach out for support today

Visit [HealthiestYou.com](https://www.healthiestyou.com) | Call 866-703-1259

Download the app  

¹[CDC: Grief and loss](https://www.cdc.gov/griefandloss/)

HealthiestYou is now part of Teladoc Health, the global leader in virtual care.

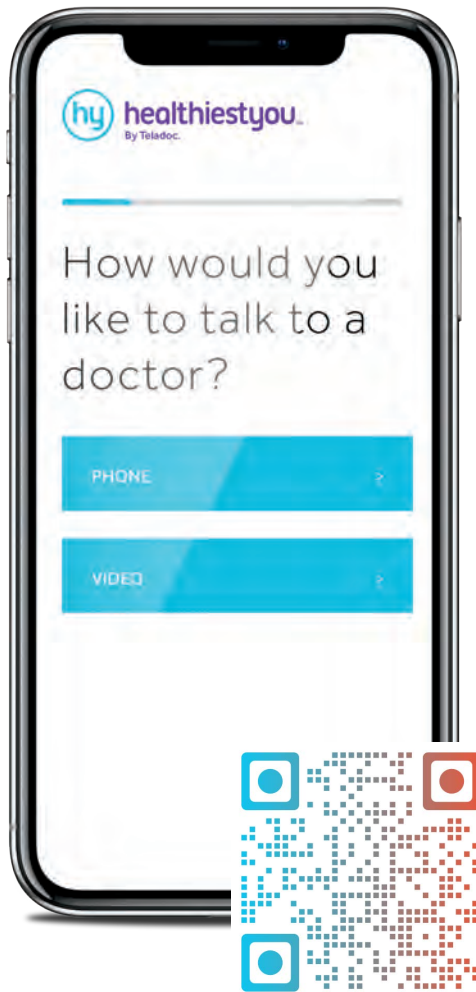
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healthiestyou™
By Teladoc.

Be your **Healthiest You**

Set up your HealthiestYou account in 4 easy steps.



Download the app to connect to doctors for free by phone or video 24/7, shop the lowest-cost prescriptions, and much more.

1

Download the app

Search "HealthiestYou" in the app store or on Google Play.

2

Set up your account

Once you've downloaded the app, select "Register," then choose "Employee" as your membership type.

3

Enter basic contact information

Type in your last name, date of birth, and ZIP code.

4

Type in your security information

Enter a valid email address, password, the best number for our doctors to reach you, your preferred language, and accept terms and conditions.



All doctor visits are free. Download the app today!  

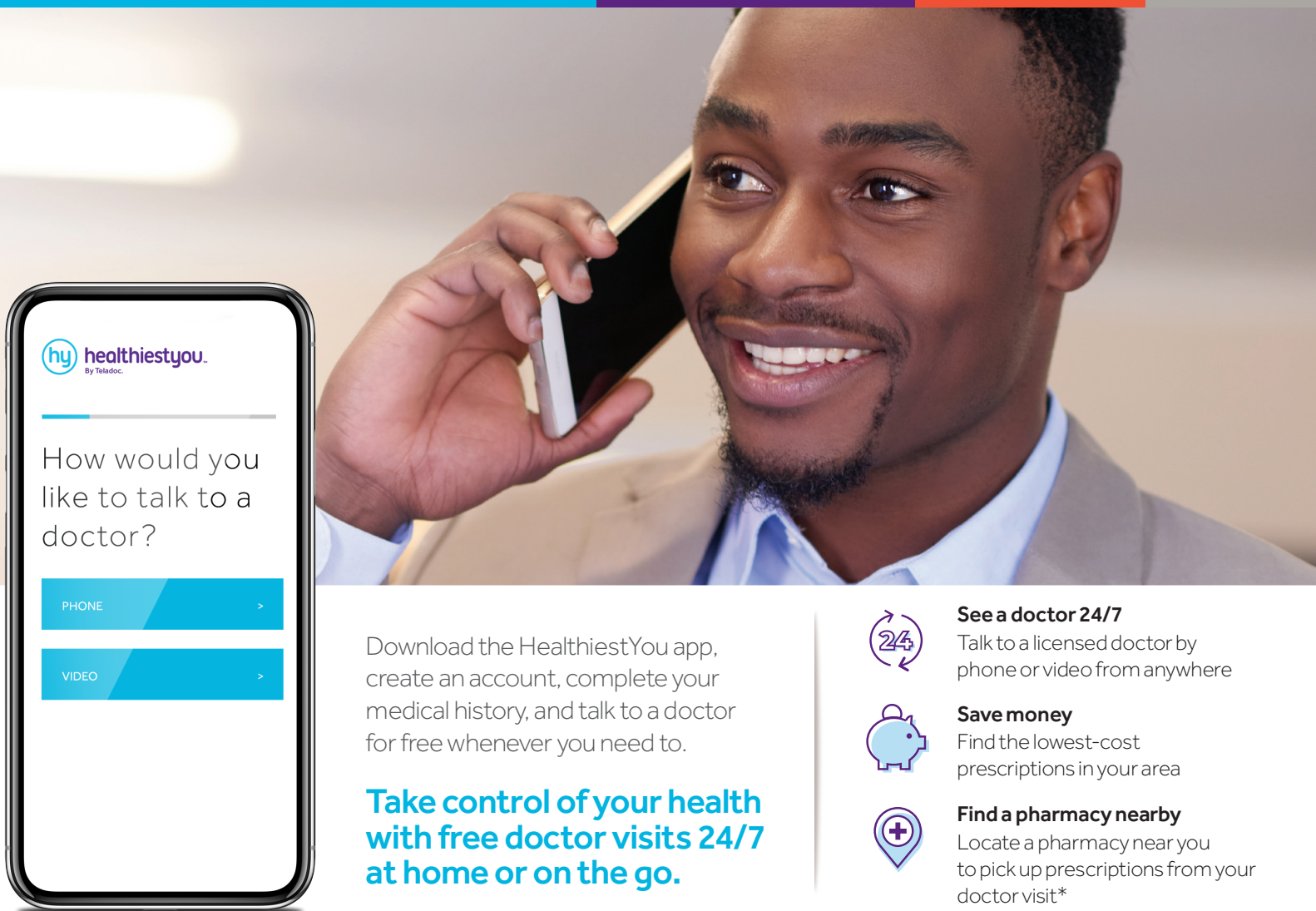
HealthiestYou.com | 866-703-1259



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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_347083860_05282019

Wherever you go, talk to a doctor for free by phone or video 24/7.



The smartphone screen shows the HealthiestYou app interface with the following text:

hy healthiestyou.
By Teladoc.

How would you like to talk to a doctor?

PHONE >

VIDEO >

Download the HealthiestYou app, create an account, complete your medical history, and talk to a doctor for free whenever you need to.

Take control of your health with free doctor visits 24/7 at home or on the go.



See a doctor 24/7

Talk to a licensed doctor by phone or video from anywhere



Save money

Find the lowest-cost prescriptions in your area



Find a pharmacy nearby

Locate a pharmacy near you to pick up prescriptions from your doctor visit*

*Medicine is prescribed when medically necessary

Download the HealthiestYou app today

Visit healthiestyou.com

Call 866-703-1259 | Download the app  

Getting started with HealthiestYou

With HealthiestYou you can connect to a doctor, get treatment, and get prescriptions, 24 hours a day, 7 days a week over the phone or via the mobile app. Using HealthiestYou can SAVE YOU TONS OF MONEY and no more sitting around in germ-infested waiting rooms.

Step 1: Setup your member portal

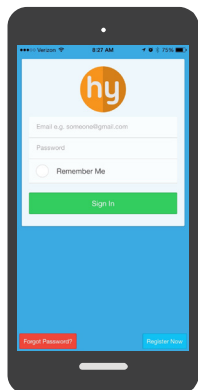
Head over to **member.healthiestyou.com** and register for the member portal. Here you'll have access to the same amazing tools as the app, but from your computer.

Step 2: Download the app

Search and download "HealthiestYou" or "HY" in the app store or Google Play!

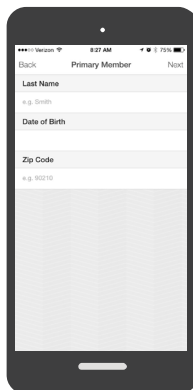


Step 3: Setup the app



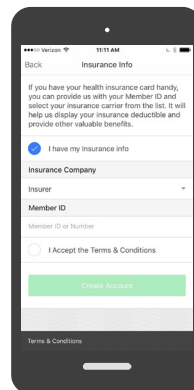
Click Login to get started

--Note, the app login is the same information from the online member portal registration.



Select and enter the primary member's information

- Last Name
- D.O.B.
- Zip Code
- Email address
- Password
- Phone #



If you have your insurance card handy, select "I have my Insurance info". You can always enter it later.

- Accept the Terms & Conditions"
- Click Create Account

** Insurance sync not available to all groups. See your benefits administrator.*

Step 4: Use HealthiestYou next time you're sick

Open up the app and push the button to visit a doctor. Verify your medical history and make any necessary changes. Verify your contact information and confirm the consultation. Sit back and a doctor will call you shortly.

No smartphone or internet? No problem, simply call toll-free on any phone to talk to a doctor: **866.703.1259**