

## Convenience and Care with Teladoc®



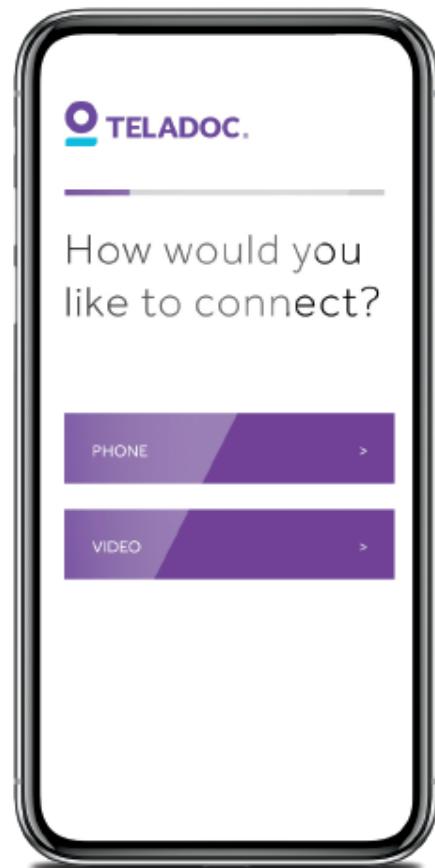
If you are enrolled in any one of the Allied medical plans, you have access to Teladoc. Your Teladoc benefit provides you and your covered family members access to virtual care services from anywhere you are.

**Talk to a U.S.-licensed doctor for non-emergency conditions 24/7 by phone, video, web or app. Teladoc doctors can:**

- Provide a diagnosis, treatment and prescription if needed.
- Treat bronchitis, flu, rashes, sinus infections, sore throats, and more.
- Help you avoid the high cost and long waits of the ER or urgent care.

**Talk to a doctor for free**

Call 1-800-TELADOC (835-2362) | Visit [Teladoc.com](http://Teladoc.com)



\*Available to employees enrolled in an Allied medical plan