



Taking Care
of
YOU

nafhealthplans.com



855-Teladoc (855-835-2362)

Teladoc® is a convenient and affordable option for a variety of medical services, including **General Medical, Dermatology** and **Behavioral Health**. Access quality healthcare from the comfort of home, during your lunch break or while traveling. You can even get a prescription sent to your local pharmacy, when medically necessary.

Teladoc is available in US only (not OCONUS) and Aetna only (not other DoD NAF plans)

- Connect with a licensed doctor, dermatologist or therapist
- Over 1,000,000 telehealth visits performed
- 95% member satisfaction
- Speak with a doctor in minutes
- Teladoc doctors average 20 years of experience*

DoD NAF Health Benefits Program

Quarterly Employee Call

March-April 2019

Nafhealthplans.com/health-benefits/teladoc



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General Medical \$10 copay per session

Teladoc allows members to consult with primary care physicians (including pediatricians) by phone or video chat, 24/7/365 – for just a \$10 copay which applies at the time of the consult.

Talk with a doctor who can provide treatment and prescribe medications for general medical conditions such as:

- Allergies
- Bronchitis
- Cold and flu symptoms
- Sinus & ear infections
- Urinary tract infections
- And more!

Get a call back for a consult within 10 minutes or there is no cost to you!
Be ready when you need it by registering at www.teladoc.com/Aetna.

To get started, go to: Teladoc.com/Aetna or call 1-855-Teladoc (855-835-2362)



Step 1

Complete
medical history



Step 2

Request
consult



Step 3

Talk with a physician



Step 4

Resolve
the issue



Step 5

Continuity of
care



Step 6

Reconcile account



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Dermatology \$45 copay per session

- Log into your account to upload images of your skin issue
- Receive a response FROM LICENSED DERMATOLOGIST through Teladoc's secure online message center within two business days.
- Treat ongoing or complex issues like psoriasis, eczema, acne and more!

Behavioral Health \$45 copay per session

- Schedule a video appointment seven days a week with a Psychiatrist, Psychologist, licensed clinical social worker, counselor or therapist.
- Support for anxiety, eating disorders, depression, family issues and more.

Behavioral Health Appointments available by video only to members and eligible dependents 18 and older

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