



# Convenient, quality care anytime, anywhere

## Introducing your new telemedicine benefit

Skip the waiting room and quickly connect with a doctor via web, phone, or mobile app. NHP's new telemedicine benefit, offered in partnership with Teladoc, is designed to help you access affordable and convenient care 24 hours a day, 7 days a week for the same cost as a primary care office visit.

Teladoc gives you secure access to a network of doctors from anywhere in the U.S. by video or phone at any time of the day or night. Teladoc doctors are board-certified in internal medicine, family practice, or pediatrics.

**Neighborhood values  
what you value.**



**Neighborhood  
Health Plan™**

[nhp.org/teladoc](http://nhp.org/teladoc)

A MEMBER OF **PARTNERS®**  
HEALTHCARE



## What do Teladoc doctors treat?

Teladoc doctors are always available to treat non-emergency health issues like:



- ✓ Respiratory infections
- ✓ Allergies
- ✓ Bronchitis
- ✓ Cold and flu symptoms
- ✓ Pink eye
- ✓ Sinus problems
- ✓ and other common illnesses

## How does it work?

### 1 Register for Teladoc

Use the Teladoc app or log on to [nhp.org/teladoc](https://nhp.org/teladoc) to set up an account and provide a brief medical history. To get started, you will need your NHP member ID number. Registration is quick, and your information is 100% secure.

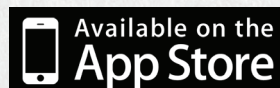
### 2 Consult with a doctor right away or request an appointment

Once you're registered, you can ask to talk to the next available doctor, or you can set up an appointment with a doctor at a time that is convenient for you.

### 3 See the doctor

The doctor you see will consult on your condition, diagnose certain non-emergency conditions, recommend treatment, or send a prescription to a pharmacy when medically necessary. To identify a pharmacy within NHP's national pharmacy network, please go to [nhp.org/find-a-doctor](https://nhp.org/find-a-doctor).

Get full details and learn about all of your urgent care options, at [nhp.org/teladoc](https://nhp.org/teladoc)



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