

## ADDITIONAL RESOURCES

# TeleMedicine with Teladoc

Whether you're at home, traveling for work, or just need a convenient way to see a doctor, you can get care anytime and anywhere. Through this service, doctors are able to treat a wide range of non-emergency medical conditions.

### Get Care From Anywhere

If you are enrolled in medical coverage through Southern Utah University, you are eligible for this telemedicine benefit administered by Teladoc to help you when you need immediate care.

Whether someone in your family wakes up with the flu at 2:00 AM or you discover while on vacation that you forgot your medication, telemedicine brings you the convenience of anytime, anywhere care. You have 24 hours a day, 365 days a year on-demand access to affordable, quality healthcare anytime, anywhere. This tool gives you access to a national network of board-certified physicians that can diagnose and treat most minor medical conditions, as well as prescribe medications, whether you are at work, home, or on the road.

### Save Time and Money

On average, you'll be connected with a physician in under 10 minutes and on your way to getting better in less time and at a fraction of the cost of an emergency room or urgent care visit. You will only be responsible for a \$15 co-pay for each visit on the PPO plan and \$15 co-pay after you have met your deductible on the QHDHP plan. This co-pay will be applied to your annual out-of-pocket maximum.

#### Commonly Treated Conditions

- Allergies
- Cold / Flu
- Constipation
- Cough
- Depression & Anxiety
- Diarrhea
- Ear Problems
- Fever (Children 36 months & older)
- Headache
- Insect Bites
- Nausea / Vomiting
- Pink Eye
- Rash
- Respiratory Problems
- Sore Throats
- Urinary Problems / UTI (Adults Only)
- And More.

#### When NOT to Use Telemedicine

When you need anything requiring an exam or a diagnostic test, complex or chronic conditions, or injuries requiring bandaging (sprains, broken bones, etc.).

### Annual Checkups and Virtual Primary Care

Primary360 easily connects you to virtual primary care so you can become your healthiest self. Manage every bit of your health —body and mind—with a board-certified virtual primary care provider of your choice and your own care team by your side. So you can live healthier ever after.

#### What you get with Primary 360:

- Annual checkups and wellness visits by phone or video
- Dedicated time with your provider to talk through your medical history, challenges and needs
- A personalized Care Plan so you can meet your health goals with ease
- Referrals, prescriptions and lab orders as needed

### Achieve Better Health with Primary360 Today

Teladoc.com/Primary360 | 1-800-TELADOC (800-835-2362)