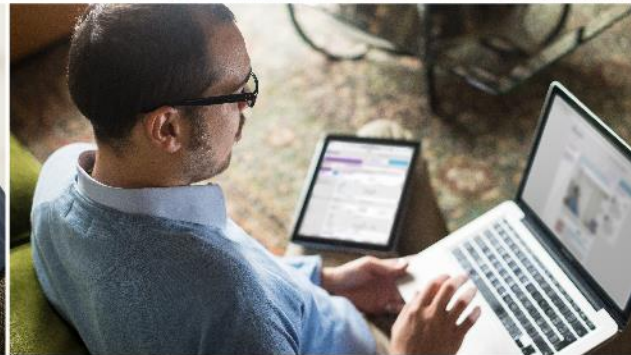




TELADOC™

The Relentless Pursuit of Better



Care delivered **conveniently** and **securely**,
however members want to receive it

Talk to a anytime

Teladoc[®] is a national network of U.S. board-certified doctors **available on-demand 24/7/365** to diagnose, treat and prescribe medication, if necessary, for many of your medical issues. It's quality care when you need it at a price you can afford.

When Can I Use It?

- After normal office hours
- On vacation or a business trip
- For refill of recurring prescription (short term only)
- For non emergency medical assistance
- When your schedule doesn't allow for an in-office visit
- For an explanation or a second opinion
- For lab results
- For pediatric care (from birth on)

Why Would I Use It?

- Sinus problems
- Cold/flu
- Pink eye
- Ear infections
- Allergies
- Urinary tract infection
- Bronchitis
- Upper respiratory infection
- Nasal congestion
- And more!

How does Teladoc work?

The screenshot shows the Teladoc patient portal. At the top, it says "Welcome, Susan Smith!" and has navigation links for HOME, LOGOUT, FAQ, and CONTACT US. Below the header is a navigation bar with tabs for Overview, My Medical History, My Family, My Account Information, and My Message Center, along with a "Request a Consult" button. The main content area features a large video player with a doctor's face and the text "I can see you now". Below the video are three buttons: "What I can do for you", "How to make the most of your consult", and "Antibiotic Awareness". To the right is a "My Family" section with a table of family members and an "UPDATE MY FAMILY MEMBERS" link. Below that is a "My Message Center" section showing three messages with "View" and "Response" buttons. At the bottom right is a "Quick Links" section with links for "Request a Consult", "View Invoices", "Print ID Card", and "View Invoices".

Name	Relationship	Age
John	Son	3
Mini	Daughter	3
Amanda	Daughter	1
Susan	Daughter	10
Joseph	Parent	58
Fred	Son	4
Pretty	Daughter	5
Josh	Son	30
Billy	Son	18
Test	Son	17
Test	Son	19



Step 1
Complete
medical history



Step 2
Request
consult



Step 3
Talk with a
physician



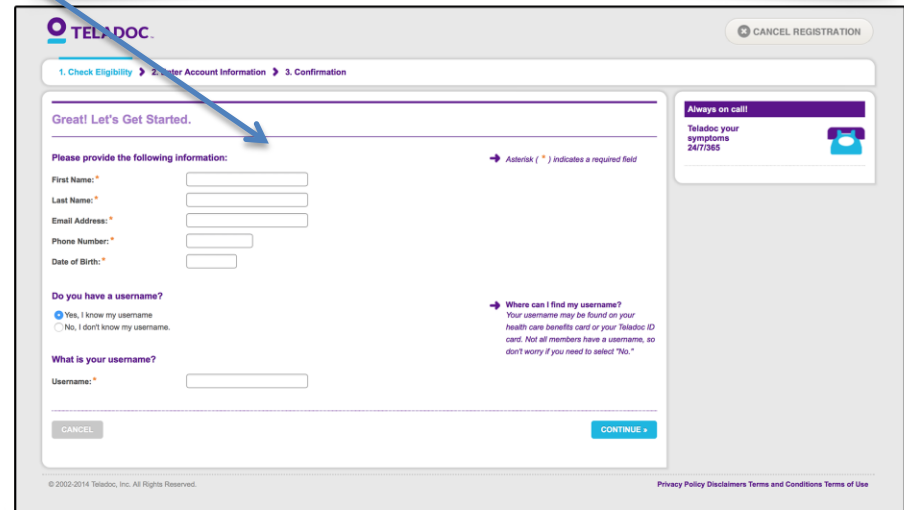
Step 4
Resolve
the issue

Getting started

It's quick and easy to set up your account. And once your account is set up, a doctor is only a call or click away.

1. Visit teladoc.com
2. Click “Set up account”
3. Provide required information
 - Enter your name, contact information, and date of birth.
 - If you do not see a username on your welcome kit (or you do not have access to it), choose “No, I do not have a username.”
 - Select “My employer or insurance provider offers me access to Teladoc.”
 - Enter “Metromont” in the “Company Name” field.
 - Complete the registration steps.

You can also complete your registration over the phone by calling 1-800-TELADOC (835-2362).





Completing your **medical history** disclosure

Informed doctors = better care

Your medical history disclosure provides Teladoc doctors with the information they need to make an accurate diagnosis. You must complete your medical history disclosure to request a consult.



Online: Visit www.Teladoc.com and log in to your account
then complete the My Medical History section

Call 1-800-Teladoc: Teladoc can help you complete your medical history disclosure over the phone

Requesting a consultation

When can you request
a consultation?
Anytime. Anywhere.

- 1 Log into your account at www.Teladoc.com
- 2 Click Request a Consult
- 3 Select the type of consultation you want
- 4 Provide a little information

The screenshot shows the Teladoc website interface. At the top, there is a navigation bar with links for Home, News, Blog, and Client login, along with a search bar. Below this is a banner for '24/7 access to U.S. board-certified doctors & pediatricians' with a 'Learn more' button. On the right side, there is a 'Login / Set Up Account' panel with a dropdown menu for 'Talk to a doctor', fields for 'USERNAME:' and 'PASSWORD:', a 'Forgot password' link, and buttons for 'Log into Teladoc' and 'Set up account'. A blue arrow points from the 'Log into Teladoc' button to the 'Request a Consult' button in the user's account dashboard. The dashboard includes a 'Quick Links' section with 'Request a Consult', 'View Invoices', and 'Print ID Card'. Below this is a 'My Message Center' section with a 'VIEW ALL MESSAGES' link. At the bottom, there is a form for providing information, including fields for 'Phone Number', 'Date of Birth', and 'Username', along with radio buttons for 'Do you have a username?' and a 'CONTINUE' button.

The doctor will call back within one hour or the consult is free. Median response time is 8 minutes