





Irvine Unified School District is providing you and your eligible dependents with an added medical benefit. Teladoc allows you to talk to a doctor anytime, anywhere, by phone or video consult. It's an affordable, convenient option for treating many of your medical conditions. There's no need to wait for your Teladoc ID cards.

On July 1, 2016, you can set up your account and request a consult.

## Set up your account

- Visit the Teladoc website and Enter your date of birth, ID and first/last name
- 2. Click "Set Up Account."
- Follow the directions online to complete account setup and to provide your medical history.

## Request a consult

Once your account is set up, a doctor is always just a call or click away.

- Visit the Teladoc website and enter your login information under "Returning member?"
- **2.** Select the type of consult you want.
- **3.** Talk to a doctor within 16 minutes, on average.

## **UNTIL THEN**

Learn more:
Teladoc.com/bsc

Print ID cards online:
Teladoc.com/bsc/
idcards

See who uses Teladoc: Facebook.com/

Teladoc

With your consent, Teladoc will provide information about your consult to your primary care physician.

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