



With Teladoc Health, you can get access to health care from the comfort of your own home.

Primary 360*

Your dedicated primary care team

With Teladoc Health Primary 360, you can:

- Choose your primary care provider.
- Schedule a phone or video visit at your convenience.
- Get a personalized care plan based on your medical history.
- Message your dedicated Care team 24/7 with questions.

Behavioral Health*

Mental health support when you need it

Taking care of your mental health is an important part of your overall well-being. Licensed professionals, including psychiatrists, psychologist, social workers or therapists, can provide help for:

- Anxiety and depression.
- Stress and mood swings.
- Trauma and PTSD.
- Relationship conflicts.
- Medication management.

How to schedule a visit

You can schedule your appointment online or via the Teladoc Health app. Appointments are confirmed within 72 hours.

Please note: members may be charged a \$50 fee for no-shows and cancellations within 24 hours.

Members must be 18 years old to access Primary 360 through Teladoc Health.

To access Teladoc Health services, please make sure to register online, by phone or through the app.

Effective July 1, 2025, all members must have medical benefits to access Teladoc Health 24/7.

**If your district offers a Teladoc Health only option you will have access to Teladoc 24/7. You will not have access to Primary360 or Behavioral Health.*



24/7 Care

On-demand medical care for non-emergency conditions

Doctors are available 24/7 by phone or video for common conditions including:

- Cold/flu, allergies, bronchitis.
- Headaches/migraines.
- Eye/ear/sinus infections.
- Rash/skin infections.
- Stomachaches.
- Urinary tract infections.

Our doctors are:

- Specifically trained in telemedicine.
- Experienced, with an average of over 10–15 years in practice.
- U.S. board-certified and state licensed.

Beginning January 1, 2026, members covered under an ASBAIT High-Deductible Health Plan can use the Teladoc General Medical program (24/7 access to care) at **no cost**. For Teladoc Primary 360 and Behavioral Health, ASBAIT medical plan members will only pay a \$10 copay without having to meet the deductible first.

How to access services

Three ways to connect:

- By phone: **1.800.835.2362**.
- Online: www.Teladoc.com.
- Through the mobile app: Download the Teladoc Health mobile app from the App Store® or Google Play™.

Registering for Teladoc Health

1. Visit www.Teladoc.com and click *Set Up Account*.
2. Enter your name, date of birth, ZIP code, email address, preferred language and gender and click *Continue*.
3. On the next screen, enter the required information and click *Set up my account*. Your registration is now complete!

You can enter your medical history right after finishing your registration for faster future consultations.

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