



# Say hello

## to virtual primary care and annual checkups



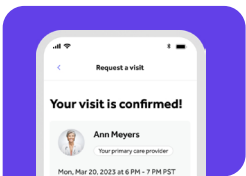
### Did you know?

Primary360 visits can save you money by helping prevent costly health issues down the road.

**Primary360 is Teladoc Health's way of easily connecting you to primary care so you can become your healthiest self.**

Manage every bit of your health—body and mind—with a board-certified primary care provider of your choice and your own care team by your side. So you can live healthier ever after.

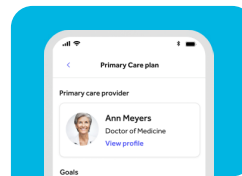
## What you get with Primary360:



**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**

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

Download the app  | 

Wondering how Primary360 works?

## Here are some of the most frequently asked questions.

### How does a virtual primary care visit work?

#### Before your visit

Once you choose your provider, you'll answer questions about your health. Your care team will review the information you provide prior to your visit. You'll also receive a blood pressure monitor (which is yours to keep) at no cost to you that you'll use to share readings for visits. If you get the monitor after your visit, send us a message through your Teladoc Health account with your reading.

#### During your visit

You'll get dedicated time with your primary care provider to get answers to your health questions, talk through any concerns and discuss any necessary next steps to achieve your health goals. Don't worry—heathcare providers are trained to treat and diagnose over phone and video, and it can save you time, money and the hassle of going into an office.

### What does my Care Team do?

With Primary360, your care team nurses and medical assistants are ready to help you every step of the way. They're here to help you check your vitals, coordinate lab and imaging orders, assist with referrals to in-network specialists and answer any health questions you may have. **They're like the staff in a doctor's office but offer personalized support whenever you need it.**

### What is a Care Plan?

**Your primary care provider and care team will work together to create your personalized care plan after your initial visit.** Your plan will let you know what you need to do to stay healthy. It may include support with:

- ✓ Prescriptions
- ✓ Routine lab orders and blood tests
- ✓ Referrals to in-person specialists
- ✓ Mental health screenings
- ✓ Routine cancer screening orders
- ✓ Weight management
- ✓ Blood pressure management
- ✓ Cholesterol management
- ✓ Diabetes management

Many of these services are available through Teladoc Health. Access your account to view your services and pricing.

## Schedule your annual checkup today

[Teladochealth.com/Primary360](https://Teladochealth.com/Primary360) | 1-800-TELADOC (800-835-2362)

Download the app  | 

\*If you're scheduling an annual checkup, your fee will be waived in accordance with your benefits policy.

© Teladoc Health, Inc. 2 Manhattanville Rd. Ste 203, Purchase, NY 10577. All rights reserved. The marks and logos of Teladoc Health and Teladoc Health wholly owned subsidiaries are trademarks of Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.

Teladoc Health is not available internationally.