



## Giving **your family** a hand

When caring for a loved one, you have enough to worry about. That's why Teladoc® gives you a convenient and affordable way to provide care, letting you arrange a 2- or 3-way video or phone visit with a doctor 24/7 for **just \$45/visit**. Add the individual you care for to your Teladoc account, even if they're not covered by your health plan.



### 1. ADD A CARE RECIPIENT

Add a care recipient by logging in to your account and clicking "Add a Care Recipient"



### 2. AUTHORIZATION

Teladoc will email the care recipient for authorization or allow you to upload legal documents



### 3. FILL OUT THE HEALTH HISTORY

Health history can be completed by you or the care recipient.



### 4. REQUEST VISIT

You or the care recipient can schedule a visit by web or app

## Add loved ones to your Teladoc account

Visit [Teladoc.com/TRSActiveCare](https://Teladoc.com/TRSActiveCare) | Call 1-855-TELADOC (835-2362)

Download the app

