

# Virtual care is available by app, web or phone



## What is HealthiestYou?

HealthiestYou is a virtual health service that offers convenient, confidential access to U.S. board-certified physicians 24/7, anytime, anywhere. By scheduling a phone or video visit with one of our U.S. board-certified and licensed medical doctors, you can be diagnosed, treated and prescribed medication, if necessary, for conditions like the flu, sinus infections, rashes and more. With HealthiestYou, you can also price prescriptions in your area, search for providers, get an expert medical opinion on an existing condition and more.



## How do I access HealthiestYou?

Download the HealthiestYou app, visit the website at [member.healthiestyou.com](https://member.healthiestyou.com) or call **1-866-703-1259** to set up your account. Once your account is set up, you can access all of your HealthiestYou services through the HealthiestYou app or website. You can also request a visit with a doctor by calling the number above.

Your Virtual Care Services include general medical, dermatology and mental health.



## What is myStrength Complete?

myStrength® Complete is a mental wellness program that provides you with a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more.



## What is Expert Medical Services?

In addition to the virtual care services that HealthiestYou provides, you also have access to Expert Medical Services through HealthiestYou. If you're dealing with a difficult diagnosis or questioning a treatment plan or upcoming surgery, you can have your medical case reviewed **at no cost to you** by a leading expert who specializes in your condition and get a second opinion on conditions like cancer, orthopedic problems, digestive system issues, chronic illnesses and more. Access these services through the HealthiestYou app or by calling **1-866-904-0910**.



HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose, and prescribe at their own discretion. HealthiestYou physicians provide cross-coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state. HealthiestYou by Teladoc® and UnitedHealthcare are not affiliated and each entity is responsible for its own contractual and financial obligations.

myStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the myStrength Terms of Service for more information.

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