



**Simplify** your life.

Access doctors and therapists by phone, video, or app.

**Benefit #1 HealthiestYou:** Also known as your "Telemedicine" benefit. HealthiestYou provides you access to doctors, therapists, dermatologists, health coaches and medical experts by web, phone, video or app from wherever you are. This benefit helps you avoid unnecessary in person doctor visits for the smaller, non-life threatening illnesses and helps you save plenty of time and money.

**All 4 options listed below are accessible in all 50 states and available to all family living in your household, even those not taking medical coverage with UHC.**

1. **General Medical:** Talk to a doctor by phone or video at any time, from wherever you are. Our doctors can diagnose, treat and prescribe medication when necessary for common conditions.
2. **Dermatologist:** Upload images of skin issue through the HealthiestYou app via message center for a confidential online review from a licensed dermatologist for skin conditions (acne, eczema, shingles, psoriasis, etc)
3. **Mental Health:** Connect with a psychiatrist/ therapist by phone or video about anything from daily life to traumatic events. **(for 18+ only)**
4. **Back/ Neck Care:** Gives you access to convenient Back and Neck care services. Follow quick, guided exercise videos, personalized for your back issue. Whether your back or neck is strained, you were injured at work or got hurt while playing with your kids, our certified coaches can help.

#### How To Use HealthiestYou

1. **App:** 'HealthiestYou' available on iPhone/ Android/ tablet *(can request all 4 types of visits)*
2. **Website:** [member.healthiestyou.com](http://member.healthiestyou.com) *(can request all 4 types of visits)*
3. **Hotline #:** (866) 703-1259 x1 (English) x2 (Spanish) *(can **only** request general medical visit)*

**Benefit #2 Expert Medical Services:** 7 different services available for more complicated medical situations. All 7 services are available ONLY to those taking medical coverage with UHC (not additional family members in the household).

To use, simply dial **866-904-0910** available Monday- Friday 8am-9pm EST. You can also find EMS information on your HealthiestYou App.

1. **Expert Medical Opinion-** Receive a 2<sup>nd</sup> opinion from a top medical expert if diagnosed with a critical illness, have an upcoming surgery, suffer from a complex medical condition, etc.
2. **Find a Best Doctor-** If you need a new physician or specialist to see in person, we can provide a top list of in network doctors.
3. **Behavioral Health Navigator-** Provides guidance and navigation for members with a mental health condition seeking an expert opinion on current diagnosis and treatment.
4. **Treatment Decision Support-** If you're having trouble deciphering between multiple treatment options, we can help you make the right decision.
5. **Ask the Expert-** For members with more complex condition specific questions, expert physicians are available for consult.
6. **Medical Records eSummary-** We collect & organize a member's medical records into one secure file and delivers them with a personalized health summary.
7. **Critical Case Support-** Draws on the expertise of leading critical care experts for acute medical events resulting in admittance to the trauma unit, ICU or NICU.

**Please create your HealthiestYou account now prior to needing to speak with a physician. There is a 24 hour activation period.** Everyone 18+, including spouses and dependents can go ahead and make their own HealthiestYou account. Feel free to either register on the HealthiestYou app or [member.healthiestyou.com](http://member.healthiestyou.com).

***For assistance please call or email Bri Foster***

Teladoc Health, Inc

Direct: (602) 734-9475

Email: [brionna.foster@teladochealth.com](mailto:brionna.foster@teladochealth.com)