



# Simplify your life.

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



Be your **Healthiest You**

Take control of your health with HealthiestYou.

Download the app to access general medical care, confidential counseling, relief from skin issues, and more.

Cost will vary based on plan.\*



**Talk to a doctor 24/7**

For conditions like the flu, bronchitis, allergies, sore throats, and more. **\$0 per visit**



**Confidential counseling 7 days a week**

If you're feeling stressed, overwhelmed, down, or not like yourself.

-Psychologist/Therapist **\$90 per visit**

-Psychiatrist - **\$220 evaluation, \$100 ongoing**



**Relief from skin issues**

For acne, eczema, rashes, psoriasis, and much more by uploading images on the app.

-Dermatology **\$85 per visit**

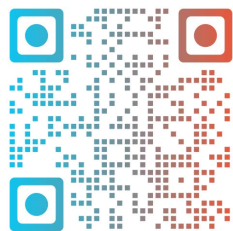
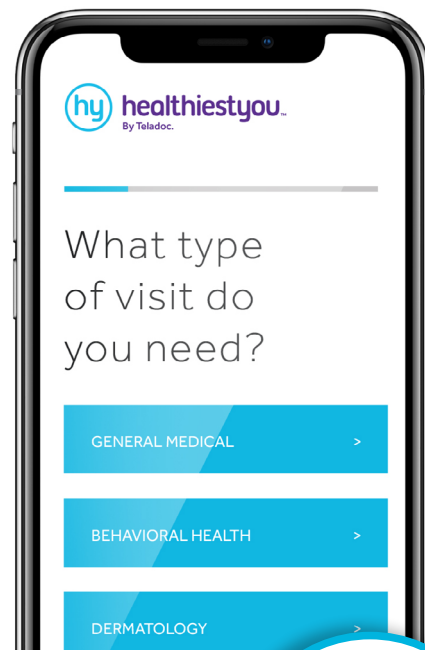


**Nutrition**

Connect with a certified dietitian and start meeting your nutrition goals today!

-Nutrition **\$59 per visit**

\*Download the app and set up your account to see what services are available to you and how much they cost.



## Download the app for access to healthcare on the go

HealthiestYou.com | 866-703-1259



HealthiestYou is now part of Teladoc Health, the global leader in virtual care. Teladoc Health, Inc., on its own behalf and on behalf of its affiliates and/or wholly owned subsidiaries including but not limited to Best Doctors, Inc.; HealthiestYou, Inc.; Teladoc Physicians, P.A., and Teladoc Behavioral Health, P.A. (collectively referred to as "Teladoc Health," "we," "us," or "our"), owns and operates the websites located at www.teladoc.com, www.bestdoctors.com, www.askbestdoctor.com, members.bestdoctors.com, www.healthiestyou.com, and various mobile applications (collectively, the "site" or "sites"). Through these sites we operate various online services that enable eligible individuals ("members") to receive various types of healthcare information and telehealth services ("services"). The sites also have public portions that allow anyone to educate themselves on the services available from Teladoc Health. 350177680\_06192019

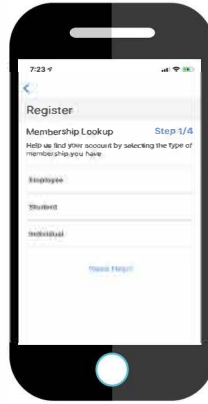


# How to register and get started with **HealthiestYou!**



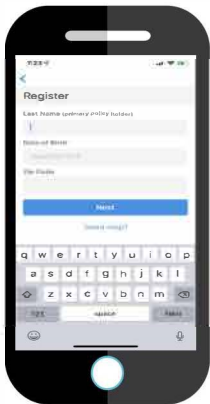
## Step 1

Search and download “HealthiestYou” or “HY” in the app store or Google Play! Available on your iPhone or Android devices!



## Step 2

Select “First time here? Register Now”. Select employee as your membership type.



## Step 3

Enter the Primary Member's Information:

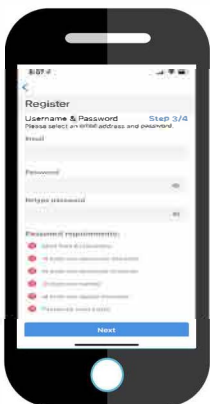
- Last Name
- D.O.B.
- Zip Code



## Step 4

A list of names associated with the account will appear. Select your name.

- Dependents under 18 will appear on the primary member's profile.
- Dependents over 18 will need to register their own account with a separate email.



## Step 5

Enter in a valid email address and password. Password must meet the listed requirements.



## Step 6

Enter in the best number to reach you. Our doctors will use this number to contact you.

Select your preferred language.

Click “I Accept Terms & Conditions.”

Click Finish.

Download the App Today!

[member.healthiestyou.com](http://member.healthiestyou.com)

Need A Doctor? 866-703-1259 x1

Account Help? 866-703-1259 x3



We're here for every sneeze, cough, and sore throat.



Be your **Healthiest You**

Talk to a doctor by phone or video 24/7.

When seasons and weather change, we're ready to help. Our doctors are licensed in your state to provide relief when you're not feeling well.



**We treat conditions**

like allergies, sore throats, asthma, and more



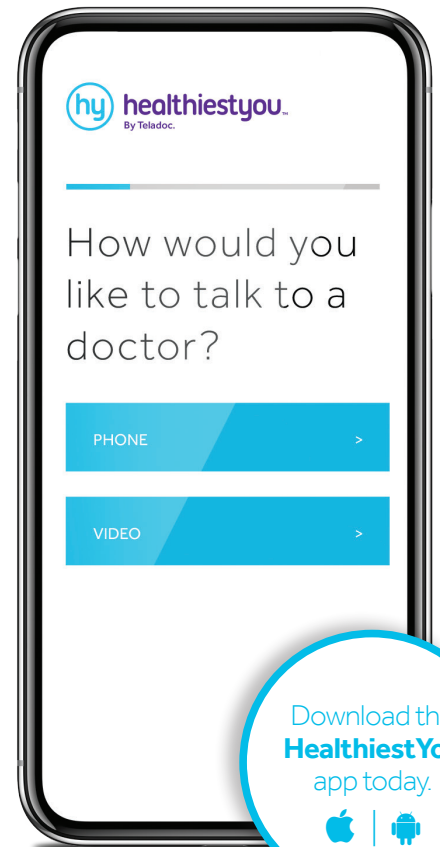
**Our doctors**

are available by phone or video 24/7 from wherever you are



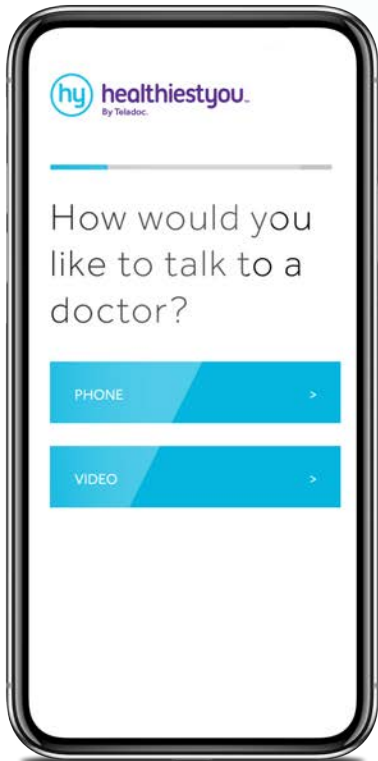
**We can diagnose**

symptoms and send a prescription if needed



**Get relief today for free.**  
Visit [HealthiestYou.com](https://HealthiestYou.com) | Call 866-703-1259

# We'll help you get to the light at the end of the tunnel.



## Talk to a therapist by when it's convenient for you.

Seasonal affective disorder (SAD) is common and often leaves people feeling hopeless or down. Reach out if you need help, we're here to listen.



Choose the therapist who best fits your needs



Schedule an appointment 7 days a week



Have a visit by from wherever you are

## Get the support you need

Visit [healthiestyou.com](https://healthiestyou.com)

Call 866-703-1259 | Download the app  