

When you need a doctor, access one **anytime, anywhere**



Skip the trip to the waiting room. With Teladoc you can talk with a doctor within an hour by phone or app from wherever you are.

Know your care options:



General Medical

For non-emergency conditions like the flu, allergies, infections, and much more. Our doctors can also prescribe medicine if necessary.



Family doctor

For annual exams and ongoing medical conditions needing regular monitoring.



Urgent care/ER

For severe conditions like chest pain, sprains, cuts, burns, or broken bones.



Feel better when you need to for \$20/visit!

Visit [Teladoc.com/HNE](https://www.teladoc.com/HNE)

Call 1-800-TELADOC (835-2362) | Download the app  

When your primary care provider (PCP) isn't available, use Teladoc.

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Feel like yourself again



Is therapy right for you?
Scan this QR code to take the 60-second quiz and find out.



Build a relationship with an experienced therapist or psychiatrist of your choice by phone or video

Our experts provide support for:

- Anxiety, stress, depression
- Mood swings
- Not feeling like yourself
- Relationship conflicts
- Trauma and PTSD
- Medication management

Start making progress

1. Set up your account and fill out a brief medical history
2. Choose the expert you think will be the best fit for you
3. Pick the preferred dates and times that fit your schedule
4. Make progress from wherever you're most comfortable



Get started—it's already part of your benefits

Visit Teladoc.com/HNE

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