

Your Teladoc Health experience includes:

24/7 Care

Talk to a board-certified provider in minutes for non-emergency needs

Free/visit

Dermatology

Treat skin conditions by sending in photos to a dermatologist

Free/online review

Conditions Management Programs

No cost to you if eligible

- Diabetes Management

Mental Health

Talk to a therapist who's right for you by phone or video

Free/therapy visit

Free/first psychiatry visit

Free/ongoing psychiatry visits

No cost to you for digital courses and online tools

Adolescent Mental Health care also available for teens aged 13-17 with prior consent from a parent or guardian

Nutrition

Get meal plans from registered dietitians by phone or video

Free/visit

Log in to your Teladoc Health account to see what services are included through Blue Cross Blue Shield of Tennessee.

This season, get treatment, prescriptions and follow-up all in one place

- ✓ Care for immediate health concerns as well as ongoing needs.
- ✓ Follow-up messaging with your licensed healthcare provider via the Teladoc Health app.
- ✓ Appointments available by phone or video on your schedule from home or on the go.
- ✓ Prescriptions if needed sent to your local pharmacy.

Teladoc
HEALTH

