

**Need a Doctor?**

**Don't want to leave home?**

**Use Teladoc**

An affordable and convenient alternative to the urgent care center or emergency room, Teladoc guarantees to connect you with a physician in less than an hour.

Teladoc is a national network of U.S. board-certified physicians and pediatricians that lets you resolve your routine medical issues, on-demand 24/7, via phone or online video consultations from wherever you happen to be.

The doctor can assess your symptoms and even prescribe medication all via videoconferencing or phone. The cost is your regular co-pay. Simple, quick & easy.

If you have HNE through BCARC, you can register for Teledoc in less than 5 minutes. Please see below.

If you do not have Medical Insurance through BCARC, contact your Insurance Carrier. Almost every carrier has a form of Teladoc.

**First Time Using Teladoc®?**

The first time you access Teladoc® you will need to register using the following URL: [member.teladoc.com/hne](https://member.teladoc.com/hne).

Once you've registered, you can use the link below to conveniently access the Teladoc® site.

<https://member.teladoc.com/>

Call Teladoc at: 1-800-835-2362