Convenient, quality care anytime, anywhere

Introducing your new telemedicine benefit

Skip the waiting room and quickly connect with a doctor via web, phone, or mobile app. NHP’s new telemedicine benefit, offered in partnership with Teladoc, is designed to help you access affordable and convenient care 24 hours a day, 7 days a week for the same cost as a primary care office visit.

Teladoc gives you secure access to a network of doctors from anywhere in the U.S. by video or phone at any time of the day or night. Teladoc doctors are board-certified in internal medicine, family practice, or pediatrics.

nhp.org/teladoc
What do Teladoc doctors treat?

Teladoc doctors are always available to treat non-emergency health issues like:

- ✓ Respiratory infections
- ✓ Allergies
- ✓ Bronchitis
- ✓ Cold and flu symptoms
- ✓ Pink eye
- ✓ Sinus problems
- ✓ and other common illnesses

How does it work?

1. **Register for Teladoc**
   Use the Teladoc app or log on to nhp.org/teladoc to set up an account and provide a brief medical history. To get started, you will need your NHP member ID number. Registration is quick, and your information is 100% secure.

2. **Consult with a doctor right away or request an appointment**
   Once you’re registered, you can ask to talk to the next available doctor, or you can set up an appointment with a doctor at a time that is convenient for you.

3. **See the doctor**
   The doctor you see will consult on your condition, diagnose certain non-emergency conditions, recommend treatment, or send a prescription to a pharmacy when medically necessary. To identify a pharmacy within NHP’s national pharmacy network, please go to nhp.org/find-a-doctor.

Get full details and learn about all of your urgent care options, at nhp.org/teladoc