

# Teladoc

## Enjoy On-Demand Health Care

with 24/7 Access to Doctors by Phone or Video



## What Teladoc Does for You

### General Medical

- Doctors offer a diagnosis, treatment options, and prescription, if medically necessary for a \$0 visit fee
- Treatment for common medical issues such as colds, flu, poison ivy, respiratory infections, bronchitis, pink eye, sinus problems, allergies, urinary tract infections and ear infections
- Includes spouse and dependents — from children to seniors
- U.S. board-certified doctors with an average 20 years practice experience
- If you are caring for an aging parent or loved one, you can provide them access to \$49 visits

### Nutrition

- Registered dietitians help you develop a personalized eating plan or manage health conditions like diabetes or high blood pressure
- \$59 per consultation

### Dermatology

- Upload images for a quick, convenient, and discreet treatment plan within 2 business days for skin conditions such as rash, acne, psoriasis, suspicious moles, and more
- \$75 per consultation, plus one follow-up question



Download the **My Benefits Work Mobile App**  
800.800.7616 | [MyBenefitsWork.com](https://www.MyBenefitsWork.com)

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# Counseling Services

## Get Help with Personal Stress

with Support from Experienced Counselors



- 32% of U.S. employees suffer from severe stress, anxiety, or depression

## What Counseling Services Does for You

- Call 24/7 for an assessment, then schedule up to six free sessions via phone, virtually, and/or in-person to discuss job issues, financial or legal stress, relationship issues, grief or loss, and more
- Sessions are typically available within three business days of your initial call
- Get help determining the best course of action with strategies like goal setting, and solution-focused problem-solving
- All counselors have a master's degree and a minimum of 2 years experience post-licensure
- Counseling Services does not provide financial or legal advice but can assist with stress and anxiety caused by financial or legal issues



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*Counseling services are not available for minors 13 and under.*



# Save on Prescriptions

for the Whole Family,  
Including Pets



- Save 10% to 85% on most prescription medications

## What NB Rx Does for You

- Receive discounts on thousands of medications at 60,000+ retail pharmacies nationwide, including Walgreens, Target, CVS, and many other independent, national, and regional chains
- Find the best deal by comparing prescription prices at participating pharmacies with our Rx pricing tool located through your mobile app or web portal; then text or email the prescription price to easily cash in your savings at the pharmacy
- My Medicine Cabinet feature allows you to save your prescription search so you can easily refresh pricing for your next refill
- Even if you have insurance, you can present both cards at the pharmacy or research online to receive the lowest price



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*Pharmacy discounts are not insurance, not intended as a substitute for insurance, and only available at participating pharmacies.*

# Caregiver Concierge



Care for Your  
Loved Ones  
with Full-Service  
Support

- Every Care Team is led by a Care Expert with an average of 20 years experience

## What Caregiver Concierge Does for You

- Caregiver Concierge provides you with premium, full-service support from a dedicated, expert Care Team, develops a personalized Care Plan with a focus on solutions, and offers ongoing assistance that adapts to changing circumstances for as long as you need
- Care Companions by Papa sends thoroughly vetted helpers (called Papa Pals), who provide companionship and offer assistance with transportation, household chores, technology lessons, and more
- LawAssure helps you create high-quality, personalized legal documents, including wills, living trusts, power of attorney, healthcare directives, and more



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# Lab Testing



**Monitor your**  
**Health**  
at a Better Cost

- Save 10% to 80% on typical costs for lab work

## What Lab Testing Does for You

- Know your numbers to stay on top of health issues and make smarter, preventive health care decisions
- Enjoy direct access to over 1,500 major clinical laboratories nationwide
- Test categories include allergies, vitamin levels, cholesterol levels, liver function, fertility, thyroid issues, and more
- Get confidential results in as little as 24 hours for most tests
- You don't need a doctor's order for lab tests



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*Lab benefit not available in NJ, NY, and RI. This program can be canceled, without notice, at any time, for any reason.*

# Diagnostic Imaging



Get a Better  
Image  
at a Better Cost

- Overall utilization of diagnostic imaging procedures has been increasing rapidly in the U.S.

## What **Diagnostic Imaging** Does for You

- Rather than just going to the closest diagnostic imaging center, make a quick phone call to save on your scans
- Save money and time with access to pre-negotiated discounted rates on MRI, CT scans, ultrasounds, X-rays, mammograms, gastroenterology services, and lab tests at thousands of credentialed radiology centers nationwide
- Getting a better image can mean a better diagnosis, better treatment plan, and better recovery
- You will be referred to a certified technician based on condition, preferences, and location



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*Certain services may not be available in all geographical locations. This program can be canceled, without notice, at any time for any reason.*

# Diabetic Supplies

**Save on  
Diabetic  
Supplies**  
to Better Maintain  
your Health



- Save 10% to 50% on diabetic testing supplies

## What Discounted **Diabetic Supplies** Do for You

- With the convenient online, pre-paid program, you receive discounted diabetic testing supplies shipped directly to your home
- Join an annual testing program for additional savings, or purchase individual items as needed
- Get a free fully-audible blood glucose meter with your first order
- Receive tracking information updates via email or text
- No prescription is required for over-the-counter testing supplies



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# Hearing

## Substantial Savings on Retail Hearing Aids

### Retail Hearing Care by Amplifon

- Average savings of 64% off the manufacturer suggested retail price for hearing aids
- One year free follow-up care for cleaning and checkups with purchase
- Free two-year supply of disposable batteries or a charging station to keep you powered
- Three-year warranty for loss, repairs, or damage
- 100% money-back guarantee during your 60-day risk-free trial
- Offering leading manufacturers including Miracle Ear, Phonak, Starkey, Oticon, eSound, Signia, Widex, and Unitron



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*This program can be canceled, without notice, at any time for any reason.*

*For mild to moderate hearing loss. These are Class 1 Hearing Aid devices under FDA Regulations per 21 C.F.R. Sec 874.3300. Read instructions before use. As with all medical issues, please consult a physician before use or if you have any questions. Not suitable for use by anyone under age 18. Important Medical Information: Hearing loss can be a symptom of a more serious medical condition or the result of excessive wax build-up. A physician can treat these conditions. If you have not already done so, consult your doctor to rule out any of these medical concerns.*