

# 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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# MyEWellness.com

## Improve Employee Health

with Access to Workouts and More

- ▶ Engaging employees with on-demand access to health resources empowers them to improve their diet and lifestyle
- ▶ Regular exercise and a healthier diet reduce the risk of chronic disease and poor mental health, improving productivity and lowering healthcare expenses
- ▶ Employees can access the benefit through the **My Benefits Work mobile app** and **MyBenefitsWork.com**

Regular exercise reduces the risk of heart disease by more than 20%

80% of heart disease, stroke, and type 2 diabetes cases could be prevented by diet and lifestyle changes

Losing just 10% of body weight lowers cholesterol and reduces blood pressure

## How MyEWellness.com Works

- ▶ Access personalized, web-based workouts, including animations to ensure exercises are performed correctly
- ▶ Take health risk assessments and utilize health & wellness calculators
- ▶ Review thousands of wellness resources and daily tips on nutrition, weight loss, exercise, and disease prevention

# Worklife Services

## Worklife Consultants

Find Referrals,  
Resources, and More



- Life stressors distract employees for 8 hours per week at work

## What Worklife Services Does for You

- Call 24/7 to speak with a Worklife Consultant counselor who handles the heavy lifting of time-consuming, research-heavy tasks so you can stay focused on what's important
- Consultants Counselors review extensive database to determine the best options for your needs, then deliver a comprehensive referral packet within 48 to 72 hours
- Finds information on childcare, summer camps, and school-age programs
- Helps with public, private, and specialty school references from kindergarten through college
- Provides resources for adoption, pregnancy, and disabled and aging loved ones
- Gives referrals for house cleaning, lawn maintenance, pet care, and home and auto repair



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# 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.*