Teladoc



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





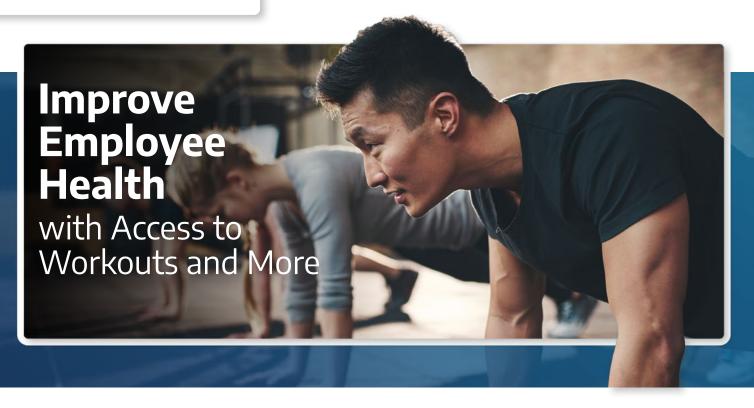




Download the **My Benefits Work Mobile App** 800.800.7616 | **MyBenefitsWork.com**

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MyEWellness.com



- 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

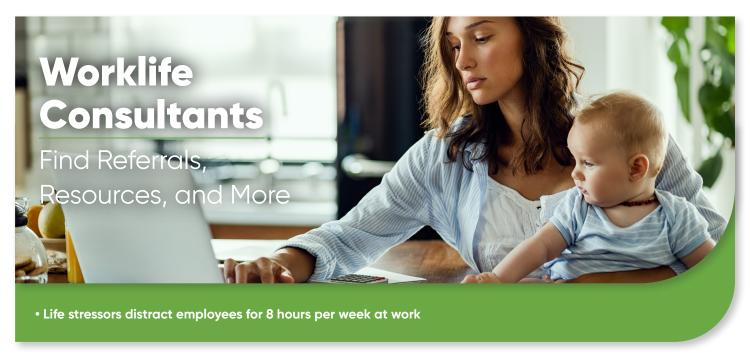
Regular exercise reduces the risk of heart disease by more than 20%

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



What Worklife Services Does for You

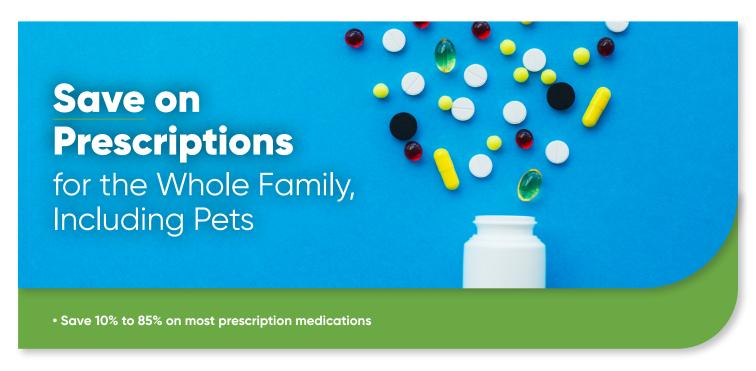
- Call 24/7 to speak with a Worklife Consultant counselor who handles the heavy lifting of time-consuming, researchheavy tasks so you can stay focused on what's important
- Consultants Counselors review extensive database to determine the best options for your needs, then deliver a comprehensive referral packet within 48 to 72 hours
- Finds information on childcare, summer camps, and schoolage 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











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.