

Your anytime, anywhere healthcare benefit

Start using your
Teladoc Health
benefits.



24/7 Care

Need care for non-urgent and common conditions? Get same-day appointments with a certified provider from wherever you are. Teladoc Health providers diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats
- And more

free/visit

Mental Health

Have real conversations and see progress with a therapist of your choice. Available 7 days a week from the privacy of your own home.

- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management

Therapy free/visit
Psychiatry free/first visit
Psychiatry free/ongoing visits

Teladoc Health is available for employees and dependents enrolled in Cigna or Horizon. Register and receive 100 points redeemable for prizes with Castlight.

Activate your benefit and schedule your visit today

Visit TeladocHealth.com
Call 1-800-835-2362