

Care you can count on

As a Blue Shield member you get access, anywhere, anytime to a national network of U.S. board-certified physicians through Teladoc Health.



General medical care - appointments are available 24/7/365 by phone or video.

Teladoc Health medical doctors can treat many medical conditions including:

- Cold and flu symptoms
- Allergies
- Respiratory infections
- Sinus problems

How much does Teladoc Health medical care cost?
 Traditional PPO Plan.....\$25 per visit

How to request a video or phone appointment

General medical consultations

Appointments are available 24/7/365 by phone or video.

Visit blueshieldca.com/teladochealth

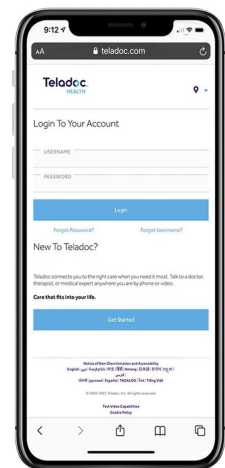
2. Register or log in. You can request a consultation any time you need care.
3. Download the Blue Shield app to access care from anywhere.



If you have questions or need help creating an account, call **1-800-Teladoc (835-2362)**. Wait times may vary.



Get confidential therapy when you need it. Go to blueshieldca.com/teladochealth



© 2026 Teladoc Health, Inc. All rights reserved. Teladoc Health and the Teladoc Health logo are trademarks of Teladoc Health, Inc. and may not be used without written permission. Teladoc Health does not replace the primary care physician. Teladoc Health does not guarantee that a prescription will be written. Teladoc Health operates subject to state regulation and may not be available in certain states. Teladoc Health does not prescribe DEA-controlled substances, non-therapeutic drugs, and certain other drugs which may be harmful because of their potential for abuse. Teladoc Health physicians reserve the right to deny care for potential misuse of services.

You may receive services from network providers on an in-person basis or via telehealth, if available. Contact your primary care provider, treating specialist, facility, or other health professional to learn whether telehealth is an option. Network telehealth and in-person services are subject to the same timeliness and geographic access standards. If your plan has out-of-network benefits, they are subject to your plan's cost sharing obligations and balance billing protections.

Language Assistance Notice

For assistance in English at no cost, call the toll-free number on your ID card. You can get this document translated and in other formats, such as large print, braille, and/or audio, also at no cost. Para obtener ayuda en español sin costo, llame al número de teléfono gratis que aparece en su tarjeta de identificación. También puede obtener gratis este documento en otro idioma y en otros formatos, tales como letra grande, braille y/o audio. 如欲免費獲取中文協助，請撥打您 ID 卡上的免費電話號碼。您也可免費獲得此文件的譯文或其他格式版本，例如：大字版、盲文版和/或音訊版。

Nondiscrimination Notice

The company complies with applicable state laws and federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, ethnic group identification, medical condition, genetic information, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, mental disability, or physical disability. La compañía cumple con las leyes de derechos civiles federales y estatales aplicables, y no discrimina, ni excluye ni trata de manera diferente a las personas por su raza, color, país de origen, identificación con determinado grupo étnico, condición médica, información genética, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad, ni discapacidad física ni mental. 本公司遵守適用的州法律和聯邦民權法律，並且不會以種族、膚色、原國籍、族群認同、醫療狀況、遺傳資訊、血統、宗教、性別、婚姻狀況、性別認同、性取向、年齡、精神殘疾或身體殘疾而進行歧視、排斥或區別對待他人。