





## Skip the trip to the ER. Talk to a doctor by phone or video.

## When it's not an emergency, you've got Teladoc Health. Our doctors are here for you 24/7, by phone or video.



Avoid the long wait times of an urgent care or the ER



Our licensed physicians help with conditions like the flu, bronchitis, rashes, sinus infections, and more



Talk to a doctor from wherever you are for free

## Feel better without leaving the house for free

Visit Teladoc.com/guidestone

Call 1-800-TELADOC (835-2362) | Download the app ().

Due to COVID-19, some employers have elected to waive member cost sharing. To obtain information about your cost sharing, please contact Highmark member service at the telephone number on the back of your ID Card. Teladoc Health, Inc. 2 Manhattanville Rd. Ste 203, Purchase, NY 10577. All rights reserved. The marks and logos of Teladoc Health and Teladoc Health wholly owned subsidiaries are trademarks of Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions. 10E-186 413371459 12062019