



Virtual care is available on your plan participants' app, web or phone



What is HealthiestYou?

HealthiestYou is a virtual health service that offers convenient, confidential access to U.S. board-certified physicians 24/7, anytime, anywhere. By scheduling a phone or video visit with one of our U.S. board-certified and licensed medical doctors, plan participants can be diagnosed, treated and prescribed medication, if necessary, for conditions like the flu, sinus infections, rashes and more. With HealthiestYou, plan participants can also price prescriptions in their area, search for providers, get an expert medical opinion on an existing condition and more. Virtual care services include general medical, dermatology and mental health.



How do I access HealthiestYou?

Plan participants can download the HealthiestYou app, visit the website at member.healthiestyou.com or call **1-866-703-1259** to set up their account. Once their account is set up, they can access all of the HealthiestYou services through the HealthiestYou app or website, and visits with a doctor by calling the number above.



What is myStrength Complete?

myStrength® Complete is a mental wellness program that provides you with a flexible and comprehensive digital program with proven tools and dedicated support for stress, depression, sleep and more.



What is Expert Medical Services?

In addition to the virtual care services that HealthiestYou provides, plan participants also have access to Expert Medical Services through HealthiestYou. When dealing with a difficult diagnosis or questioning a treatment plan or upcoming surgery, plan participants can have their medical case reviewed at no additional cost by a leading expert who specializes in their condition. Access these services through the HealthiestYou app or by calling **1-866-904-0910**.

**United
Healthcare®**

HealthiestYou is not available with Surest Level Funded plans.

All trademarks are the property of their respective owners.

HealthiestYou is not health insurance. HealthiestYou is designed to complement, and not replace, the care you receive from your primary care physician. HealthiestYou physicians are an independent network of doctors who advise, diagnose, and prescribe at their own discretion. HealthiestYou physicians provide cross-coverage and operate subject to state regulations. Physicians in the independent network do not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. HealthiestYou does not guarantee that a prescription will be written. Services may vary by state. HealthiestYou by Teladoc® and UnitedHealthcare are not affiliated and each entity is responsible for its own contractual and financial obligations.

myStrength is not a healthcare provider and does not provide medical advice, diagnosis or treatment. Coaches have National Board for Health & Wellness Coaching certification and guides have a bachelor's degree and training in evidence-based mental health engagement; coaches and guides are not licensed mental health professionals. Mental health consultations are performed by licensed mental health professionals employed by or contracted with Teladoc Health Medical Group, P.A. Crisis management services are performed by Vibrant Emotional Health or another third-party partner of Teladoc Health, Inc. See the myStrength Terms of Service for more information.

© 2020 Teladoc Health, Inc. All rights reserved. HealthiestYou and the HealthiestYou logo are registered trademarks of Teladoc Health, Inc., and may not be used without written permission. HealthiestYou does not replace the primary care physician. HealthiestYou does not guarantee that a prescription will be written. HealthiestYou operates subject to state regulation and may not be available in certain states. HealthiestYou does not prescribe DEA-controlled substances, non-therapeutic drugs, and certain other drugs that may be harmful because of their potential for abuse. HealthiestYou physicians reserve the right to deny care for potential misuse of services.

Note: The above services list is not all-inclusive. This information is solely provided for general informational purposes only and is not intended to take the place of legal or tax advice regarding HSA eligibility. Please consult your own legal or tax professional.

Employee benefits including group health plan benefits may be taxable benefits unless they fit into specific exception categories. Please consult with your tax specialist to determine taxability of these offerings.

Administrative services provided by United HealthCare Services, Inc. or their affiliates, and UnitedHealthcare Service LLC in NY. Stop loss insurance is underwritten by UnitedHealthcare Insurance Company or their affiliates, including UnitedHealthcare Life Insurance Company in NJ, and UnitedHealthcare Insurance Company of New York in NY.