TUFTS
Health Plan

TALK TO A DOCTOR FOR FREE

Use Teladoc® Virtual Health Care Services from Tufts Health Plan

How would you like to talk to a doctor?

PHONE >

VIDEO >

Download the **Teladoc®** app today.

Just Follow These 5 Easy Steps:

1. Set up an account with your member ID:
   – Visit tuftshealthplan.com/Teladoc on a computer/tablet. Or
   – Download the Teladoc® app. Or
   – Call 1-800-TELADOC (835-2362)
2. Choose your preferences for language (over 200) and provider's gender
3. Choose an appointment time
4. Select text and/or email notifications
5. Connect with a U.S based and board-certified doctor by phone or video

The doctor will diagnose your symptoms and provide treatment, which may include a prescription, that can be sent to your nearest pharmacy. With your permission, the doctor can share a report about your visit with your primary care physician.

Protect You and Your Family From COVID-19

Use Teladoc® to get screened at no cost for COVID-19 – and avoid visiting a medical office where the risk of exposure to the disease may be higher. The doctor can answer your questions about symptoms or treatment. They'll also work with your state's local public health department to get you the care you need.

To expedite your visit during the COVID-19 crisis be sure to:

– Set up your account and complete your medical history in advance

– Select "phone session" and "as soon as possible" for the appointment time

– Turn on all notifications in the app, and keep your phone near you so you don't miss the doctor's call

TELADOC®