



# Quality Care, Virtually Anywhere

## Experience Virtual Care at Your Fingertips with **Teladoc Health**



### Virtual Primary Care

Manage your overall health with a certified primary care provider. Routine checkups, specialist referrals and first-time visits are easy to schedule.



### Diabetes

Receive diabetes management support with one-on-one coaching, real-time assistance, and a blood glucose meter with unlimited strips and lancets.



### Mental Health

Meet virtually with licensed therapists 7 days a week who specialize in anxiety, depression, grief, stress, family issues and more.



### Dermatology

Get a diagnosis and treatment of your skin condition within 24 hours by virtually uploading images.

Scan the QR code to meet your virtual doctor!



teladoc.com



trinbenefits.net



Note: You must be enrolled in a Trinity Industries medical plan to access Teladoc.