

Teladoc

Enjoy On-Demand Health Care

with 24/7 Access to Doctors by Phone or Video



What Teladoc Does for You

General Medical

- Doctors offer a diagnosis, treatment options, and prescription, if medically necessary for a \$0 visit fee
- Treatment for common medical issues such as colds, flu, poison ivy, respiratory infections, bronchitis, pink eye, sinus problems, allergies, urinary tract infections and ear infections
- Includes spouse and dependents — from children to seniors
- U.S. board-certified doctors with an average 20 years practice experience
- If you are caring for an aging parent or loved one, you can provide them access to \$49 visits

Nutrition

- Registered dietitians help you develop a personalized eating plan or manage health conditions like diabetes or high blood pressure
- \$59 per consultation

Dermatology

- Upload images for a quick, convenient, and discreet treatment plan within 2 business days for skin conditions such as rash, acne, psoriasis, suspicious moles, and more
- \$75 per consultation, plus one follow-up question



Download the **My Benefits Work Mobile App**
800.800.7616 | **MyBenefitsWork.com**

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Teladoc Mental Health

Enjoy Convenient Access to Therapists

from the Comfort of
Home

- 20% of Americans suffer from a mental health issue

What Teladoc Mental Health Does for You

- Receive confidential therapy on your terms for \$25 per session
- Establish an ongoing relationship with a licensed therapist through video or phone sessions
- Get support for anxiety, depression, stress/PTSD, panic disorder, grief, family or marriage issues, and more
- Adolescent therapy available for teens ages 13-17, excluding psychiatry
- Teladoc's licensed therapists are available seven days a week



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Mental Health visits are not available 24/7/365 and must be scheduled. Mental Health visits are not available to minors 12 and younger. Mental Health visits with a psychiatrist are not currently available for adolescents ages 13-17. Not all Mental Health specialists will be available in all states.

Vision

See Better Savings

on Eye Exams and Eyewear

- Save 10% to 60% on glasses, contacts, eye exams, and more

What Vision Does for You

With your Vision benefit, enjoy savings on:

- **Eyewear & Exams**
 - 20% to 60% off prescription eyewear including most frames, lenses, and specialty items such as tints, coatings, and UV protection
 - 10% to 30% off exams
 - Over 20,000 participating chains including LensCrafters, Pearle Vision, Visionworks, JCPenney, Target, and more
- **Mail Order Contacts**
 - 10% to 40% off contact lenses through America's Eyewear mail order service
- **Laser Surgery**
 - 40% to 50% off the national average cost of LASIK surgery

How your Vision Discounts Compare to Insurance

Insurance isn't the only option when you need vision care. Your vision discounts provide valuable savings for you and your family, with no limit on the number of times you can use them

	Typical Insurance Coverage	Coast to Coast Vision
My prescription changed and I need new eyeglasses	Receive 20% off any amount exceeding your frame allowance	Save 20% to 60% off as many pairs of prescription glasses as you want
I've been wearing glasses for years and want to try contacts now	Receive 15% off a contact exam, but no additional discounts are provided	Save 10% to 40% off brand contacts, and 10% to 30% off eye exams. Even if you've already purchased glasses that year
I'm ready to take the plunge and get Lasik eye surgery	Lasik eye surgery is not covered	Save 40% to 50% off the national average for Lasik eye surgery



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Legal Access



Enjoy Free and
Discounted
Services
from Experienced
Lawyers

• 7 in 10 households face a legal issue every year

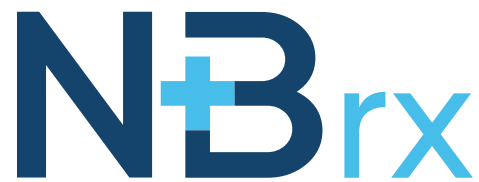
What Legal Access Does for You

- Attorneys help with traffic tickets, bankruptcy, divorce, and spousal and child support
- Free services* include one-on-one consultations, attorney-made phone calls, help with legal documents, assistance with government programs, representation in small claims court, and a Simple and Living Will
- Attorneys charge 25% off their hourly rate
- You'll be referred to plan attorneys based on location, language, and area of law
- Also available for your spouse, dependents up to age 23, your parents, and your spouse's parents



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**In many states, attorney liability may require plan attorneys to obtain a retainer from the member prior to providing some of the free member benefits.*



Save on Prescriptions

for the Whole Family,
Including Pets



- Save 10% to 85% on most prescription medications

What NB Rx Does for You

- Receive discounts on thousands of medications at 60,000+ retail pharmacies nationwide, including Walgreens, Target, CVS, and many other independent, national, and regional chains
- Find the best deal by comparing prescription prices at participating pharmacies with our Rx pricing tool located through your mobile app or web portal; then text or email the prescription price to easily cash in your savings at the pharmacy
- My Medicine Cabinet feature allows you to save your prescription search so you can easily refresh pricing for your next refill
- Even if you have insurance, you can present both cards at the pharmacy or research online to receive the lowest price



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Pharmacy discounts are not insurance, not intended as a substitute for insurance, and only available at participating pharmacies.

Physician & Hospital Discounts

Powered by ValuePoint by MultiPlan®

Save on Medical Services at Participating Doctor Offices and Hospitals

- Save 10% to 40% on most medical services

What Physician & Hospital Discounts Do for You

- Save money on most medical services for you and your immediate family at over 340,000 participating physicians, ancillary facilities, and hospitals
- The ValuePoint provider network was established by MultiPlan®, the industry's most comprehensive provider of healthcare cost management solutions
- Includes family doctors, specialists, alternative care providers, facilities, and hospitals
- There are no health restrictions, age limits, or usage/savings maximums
- National savings average 39% at doctor offices, 28% at ancillary facilities, and 21% at hospitals



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Dental

Powered by Aetna Dental Access®



Enjoy a Bright
Smile at a
Lower Cost

- Save 15 to 50% on dental care, in most instances**

What Dental Does for You

- Save on dental services such as cleanings, X-rays, crowns, root canals and fillings at over 262,000* available dental practice locations nationwide
- Need specialty dental care? Save on orthodontics and periodontics, too!
- Use the discounts as often as needed
- Use the Dental Price Transparency tool in the mobile app to know exactly what procedures cost before going to the dentist

How your Dental Discounts Compare to Insurance

Insurance isn't the only option when you need dental care. Your dental discounts provide valuable savings for you and your family, with no limit on the number of times you can use them.

	Typical Insurance Coverage	Aetna Dental Access
I reached my annual maximum, but I need to get a filling.	After hitting your maximum with co-pays and deductibles, additional services or procedures will not be covered for the rest of the plan year.	Save 15% to 50% per visit** off cleanings, x-rays, fillings, root canals, and crowns as often as needed.
My son needs braces, but I'm not sure how we can afford that right now.	Dependents may be covered for an additional cost, but orthodontists are not always covered.	Save 15% to 50% per visit** off orthodontic services, with dependents covered at no additional cost.
Ouch! I broke my tooth and need surgery.	Surgeries are not covered until after year one of the plan.	Save 15% to 50% per visit** off surgical procedures with no waiting period.



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*As of April 2020.

**Actual costs and savings vary by provider, service and geographical area.

The discount program provides access to the Aetna Dental Access® network, which is administered by Aetna Life Insurance Company (ALIC). ALIC does not offer or administer the discount program, and is not an affiliate, agent or principal of the discount program. Dental providers are independent contractors and not employees or agents of ALIC. ALIC does not provide dental care or treatment and is not responsible for outcomes.