



Become your healthiest self through primary care — virtually

Here's what you need to know about your Primary Care benefit from Teladoc Health (Teladoc)

Virtual care is a fast, convenient, and affordable option when it's not an emergency. As an Independence Blue Cross (IBX) member, you can now access board-certified virtual primary care physicians (vPCP) through **Primary Care**.

Use your Primary Care benefit for:

- Annual checkups and wellness visits by phone or video
- Dedicated time with your vPCP to talk through your medical history, challenges, and needs
- A personalized Care Plan so you can meet your health goals with ease
- Referrals, prescriptions, and lab orders as needed

Before your visit

Once you choose your vPCP, you'll answer questions about your health that your care team will review prior to your visit. You'll also receive your own blood pressure monitor at no cost so you can share your readings. If you get the monitor after a visit, share your readings through your Teladoc account.

Teladoc Health, Inc. is an independent company that provides virtual care and digital mental health services. Teladoc Health and the practitioners accessible through Teladoc Health are independent companies and contractors not affiliated with IBX. Please consult a physician for personalized medical advice. Always seek the advice of a physician or other qualified health care provider with any questions regarding a medical condition.



How to access Teladoc

- Call **1-800-835-2362**, or
- Visit teladochealth.com, or
- Download the Teladoc mobile app

Note: You do not need a registration code to start using Teladoc benefits.

During your visit

You'll get dedicated time with your vPCP to get answers to your health questions, talk through any concerns, and discuss any necessary next steps to achieve your health goals — all while saving yourself time and money.

Your care team is here to help

With Primary Care, your care team nurses and medical assistants are here to help you every step of the way, whether it's checking vitals, assisting with specialist referrals, or offering personalized support whenever you need it. After your initial visit, your vPCP and care team will create a personalized Care Plan and let you know what you need to do to stay healthy.

Independence 

Teladoc
HEALTH

Better health
made possible

IBX
Never stop caring

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

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