

Simplify your life

Access doctors and therapists
by phone, video, or app

HealthiestYou Complete Bundle

Get Care Now (General Medical) \$0/unlimited visits

Talk to a doctor in minutes, 24/7 for non-emergency conditions

Mental Health - myStrengthComplete \$0/unlimited visits

Build an ongoing relationship with a therapist or psychiatrist of your choice by appointment 7 days a week, telecoaching, crisis intervention, digital programs

Dermatology \$0/unlimited visits

Upload images of a skin condition and received a personalized treatment plan within 2 business days

Expert Medical Advice \$0/unlimited visits

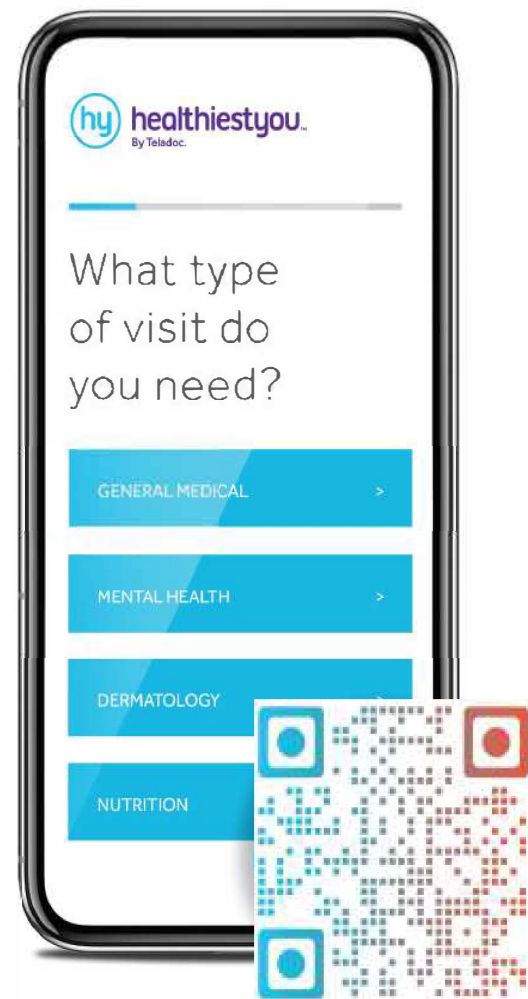
Our world-renowned medical experts can answer any medical questions, double-check a diagnosis, help you decide on a treatment plan or provide guidance about a surgery

Nutrition \$0/unlimited visits

Talk to a registered dietitian for a personalized nutrition plan or help managing a condition like diabetes or high blood pressure

Back & Joint Care \$0/unlimited visits

Relieve your neck and back pain through guided videos with a certified health coach



Services are available to all employees & includes dependents
Medical insurance coverage is not necessary to enroll



healthiestyou™

By Teladoc

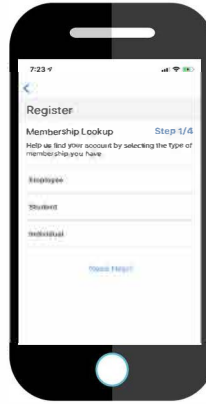
How to register and get started with **HealthiestYou!**

Step 1



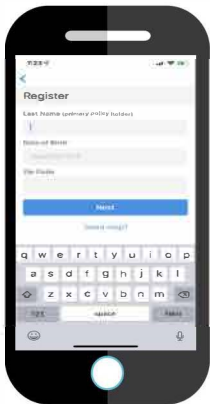
Search and download “HealthiestYou” or “HY” in the app store or Google Play! Available on your iPhone or Android devices!

Step 2



Select “First time here? Register Now”. Select employee as your membership type.

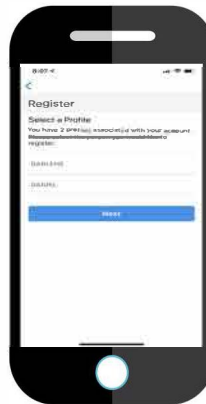
Step 3



Enter the Primary Member's Information:

- Last Name
- D.O.B.
- Zip Code

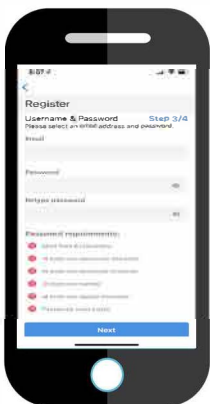
Step 4



A list of names associated with the account will appear. Select your name.

- Dependents under 18 will appear on the primary member's profile.
- Dependents over 18 will need to register their own account with a separate email.

Step 5



Enter in a valid email address and password. Password must meet the listed requirements.

Step 6



Enter in the best number to reach you. Our doctors will use this number to contact you.

Select your preferred language.

Click “I Accept Terms & Conditions.”

Click Finish.

Download the App Today!

member.healthiestyou.com

Need A Doctor? 866-703-1259 x1

Account Help? 866-703-1259 x3



Get the emotional health support you want and deserve

HealthiestYou partners with myStrength to offer a flexible and convenient digital program with proven tools and dedicated support for stress, depression, sleep and more.

MyStrength helps you become the best version of you with:



Personalized plan. Answer a series of questions, and myStrength will create a plan designed just for you.



Teletherapy your way. Connect with a licensed therapist of your choice by appointment 7 days a week from the comfort of home.



Recommended digital content and resources. Explore self-guided activities and tools based on your goals and needs.



24/7 access. Available online or via the HealthiestYou mobile app whenever, wherever you need it.

Get started today

Call 866-703-1259 | Visit [HealthiestYou.com](https://www.healthiestyou.com) | Download the HealthiestYou app  

HealthiestYou and the HealthiestYou logo are 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.

MyStrength 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, PA. 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.

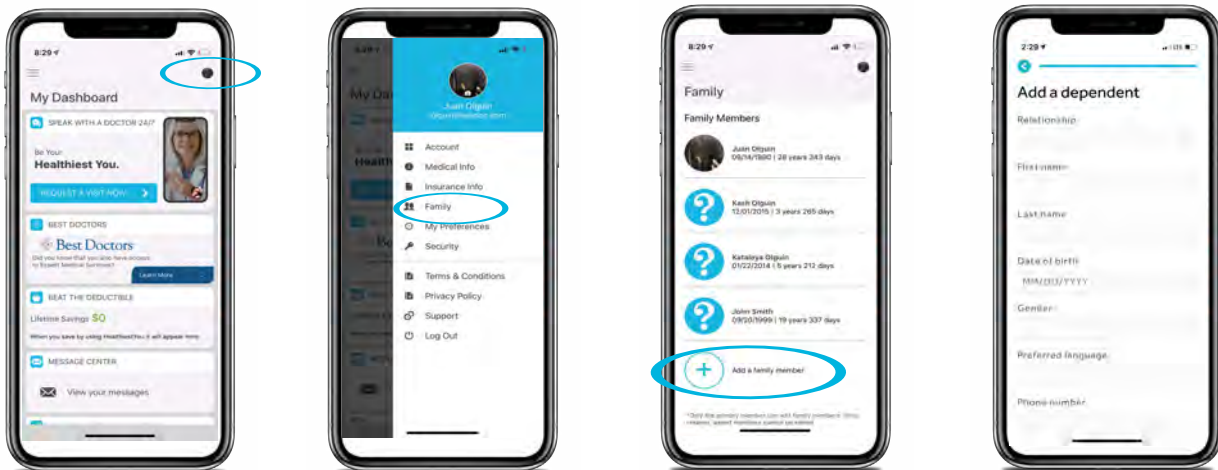
Program includes trends and support on your secure Livongo account and mobile app but does not include a tablet or phone.



How to add dependents to your HealthiestYou account using the mobile app.

1. Open the "HealthiestYou" app and select the icon in the upper right hand corner.
2. Select "Family". The app will show display the names of anyone listed on your account.
3. Select "Add a Family member" to add a Spouse/Dependent that is not listed.
4. Complete the required fields. Once saved, your Spouse/Dependent will now be able to register their own mobile app profile.

Spouses and dependents over the age of 18, must register their own account using a separate email.



NOTE: Any Spouse/Dependent that is added, will need to wait 24 hours to become effective.

Set up your account today

HealthiestYou.com | 866-703-1259

Frequently Asked Questions

What is the HealthiestYou website?

www.healthiestyou.com

How do I setup my account online?

Go to member.healthiestyou.com

Click "Register Now" then select the membership type. Enter the primary member's Last Name, DOB and Zip.

How do I setup my account over the phone? Call 866-703-1259 and press #1. A HealthiestYou Customer Service Representative will verify member eligibility by using the Last Name, DOB and Zip Code. Once eligibility has been verified the representative will ask some medical questions, update any account information, and schedule a call with the physician.

How do I setup my account via the app?

Search for "healthiestyou" in the app store or google play store. Once downloaded, click the "Register Now" button on the bottom right of the app. Then you will click Primary Member to verify your Last Name, Date of Birth and Zip.

How do I download the app?

The HealthiestYou app can be found in the Google Play store or the App Store by searching "HY" or "HealthiestYou".

When can I call the doctor?

You can speak with a HealthiestYou physician 24/7/365.

What can your doctors treat?

Our doctors are trained to treat a wide range of conditions. Some of the most common are: Acne, Allergies, Asthma, Bronchitis, Cold & Flu, Constipation, Diarrhea, Ear Infection, Fever, Headache, Insect Bites, Joint Aches, Nausea, Rashes, Sinus Infections, Sore Throat, UTI and more.

Who are the doctors?

Our physicians must be U.S. board certified in internal medicine, pediatrics, family, or emergency medicine with an average of 20 years of experience.

What states do you provide service to?

HealthiestYou provides services nationally within the 49 states that allow telehealth services. Services are currently unavailable in Arkansas.

Can you prescribe medication over the phone?

HealthiestYou physicians prescribe short-term, traditional antibiotics, antihistamines, cough suppressants, and anti-bacterial agents. Nearly 99% are generic, which is our system default when prescribing a medication. HealthiestYou does not prescribe DEA controlled substances, lifestyle drugs, pain medications, or psychotropic drugs.

Do your doctors refer members to other facilities?

HealthiestYou does not suggest follow up visits to our service. We always refer them to their PCP if follow up is required and with the member's permission, HealthiestYou sends a Clinical Consult Record (CCR) of the visit to the member's physician of choice.

What happens after my consultation?

The doctor may give advice to manage/treat the chief complaint or provide instructions to follow up and treat the symptoms. If your doctor orders medication, the prescription will be sent electronically to the pharmacy selected by the member.

Will you keep my information confidential?

Yes. HealthiestYou will only share information with the doctor who provides the consult and (when the doctor orders a prescription) with your selected pharmacy or as required by applicable law.

Do your doctors provide return to work notes?

Yes. Physicians may provide return to work/school notices upon request. It is up to the physician's discretion to provide such notices.

What languages do you support?

In addition to English and Spanish speaking personnel, call center staff and our providers use Language Line Solutions to provide translation services in more than 240 languages.