



Health Care on Your Terms

Take control of your health with unlimited virtual visits from Teladoc.

HealthiestYou Comprehensive Package

Cost: \$10/month for you and your entire family

- **Unlimited 24/7** access to virtual care with licensed providers
- No copayments or hidden charges
- Choose between phone or video visits
- Providers send appropriate prescriptions to your pharmacy

General Medical

- Helps avoid inconvenient and costly trips to urgent care clinics and emergency rooms
- Expert guidance and review of your condition by a medical professional

Mental Health

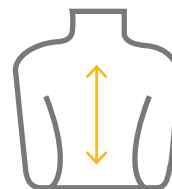
- Select from a list of licensed mental health professionals and schedule follow-up visits with the same provider
- On average, you can expect to have your first session within 7 days - nationally, the average wait time for an in-person mental health session is at least 25 days

Neck and Back Care

- Access certified health coaches
- Exercise-based treatment plans with monitoring and support
- Programs last four to eight weeks

Nutrition Counseling

- Expert-developed personalized programs that include nutritional guidance, custom meal plans, and shopping guides



Go to www.nvrestaurants.com/teladoc-individual-program.html to learn more and sign up!



Teladoc
HEALTH

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