The doctor is always in

Access licensed doctors with Global Telehealth





Get the care you need for non-emergency health issues:

- ✓ Sore throat
- Migraine
- ✓ Fever
- Allergies
- ✓ And more

It all comes at no additional cost to you through the Teladoc Global Health Complete App.

How can global telehealth help me?

- Phone and video consultations with a licensed doctor
- **Prescriptions** for common health concerns.

Doctors may issue prescriptions for medicines when, in their professional judgment, it is safe, appropriate; there may be times when a telehealth doctor may not be able to provide a prescription due to the country, or feels that an in-person consultation is needed to obtain a prescription. Should you receive a prescription, you will need to bring it to a local pharmacy to be filled.

- Making preparations for an upcoming consultation
- Discussing a medication plan and potential side effects
- **Speak with a specialist**, if the General Practitioner (GP) feels that you should speak with a specialist, the GP will schedule another telehealth appointment with a Teladoc network specialist
- Help you understand the local healthcare system, Teladoc has a network of licensed doctors around the globe

Use the Teledoc Global Heath Complete App to Book a Video or Phone Consultation.



Download the Global Health Complete app in the App store or Google play.

Click on iOS or Android buttons or scan QR codes to download





An email address is required for creating an account.



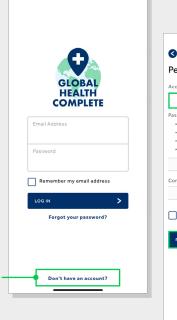
Global Health Benefits

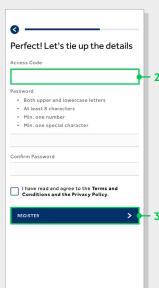


Download the Global Health Complete app in the App store or Google play.

New users

Select 'Don't have an account?' and follow the on-screen prompts to register. When asked for your member/customer number, enter code



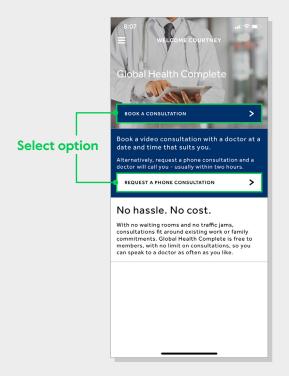


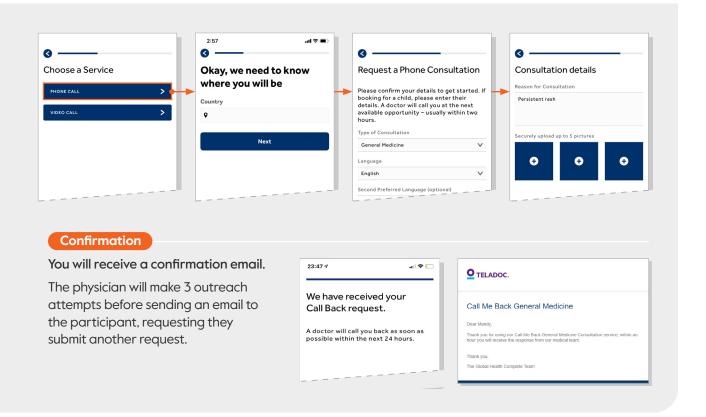
Returning users

Once registered, you can use your username and password to log back in any time

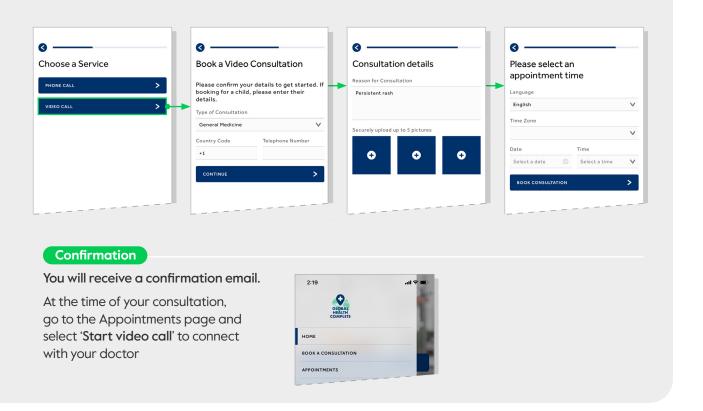
On the Home page, select either 'Book a consultation' or 'Request a phone consultation' and follow the prompts to request your consultation.

- Select your name
- Location





/ideo







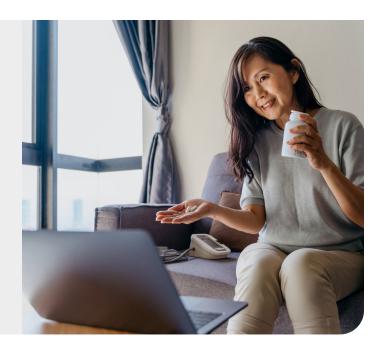
Follow up

After a video consultation, notes and any applicable prescription(s) by the telehealth doctor will be uploaded to your Global Health Complete app, where they can be accessed and viewed.

After telephone consultations, you will receive your details via email.

Do telehealth doctors place callbacks to patients to check their status?

Yes. Doctors will be able to call you back to follow up on your care when they feel it is appropriate.



Global Health Benefits



The Apple logo is a trademark of Apple Inc., registered in the United States and other countries. App Store is a service mark of Apple Inc. Android and Google Play are trademarks of Google Inc.

Cigna Healthcare global telehealth products are administered by Teladoc, an independent third-party service provider. All Teledoc doctors are licensed in the countries where they practice medicine and are fully qualified and trained to provide this service.

Telehealth services may not be available in all jurisdictions. In general, to be covered by your plan, services must be medically necessary and used for the diagnosis or treatment of a covered condition. Not all prescription drugs are covered and prescriptions are not affiliated with Cigna Healthcare. Not all providers have video chat capabilities and video chat may not be available in all areas. Telehealth providers are separate from your health plan's provider network.

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. The Cigna Healthcare name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc., licensed for use by The Cigna Group and its operating subsidiaries. "Cigna Healthcare" refers to The Cigna Group and/or its subsidiaries and affiliates.

980128 05/24 © 2024 Cigna Healthcare. Some content provided under license. All rights reserved.