



24/7
CARE

Get Care Anytime, Anywhere with Teladoc

Teladoc provides you with 24/7 access to board-certified doctors and licensed healthcare professionals by phone or video. Use Teladoc for non-emergency conditions like colds, flu, allergies, skin issues, or when you need mental health support.

✓ Why Choose Teladoc?

- **Convenient:** Skip the waiting room—get care from home or on the go.
- **No Cost:** Teladoc is available at **no cost** for employees enrolled in a TerrAscend medical plan.

✓ How to Get Started:

Register Online:

- Go to www.teladochealth.com and click Register Now.
- **Fill in Your Details:**
- Enter your information.
- **Important:** Do NOT check the box that says, "I received a Teladoc Health code."

Provide Insurance Information:

- When prompted, select your insurance provider: Meritain Health.
- Enter your Member ID (found on your medical ID card).

Download the App:

- Search for Teladoc Health in the Apple App Store or Google Play Store and download the app.

✓ Using Teladoc for the first time?

Be sure to set up your Teladoc account before you need it—doing so will save you time and frustration when you actually need care!

Feel Better, Faster
With Teladoc, you're just a few clicks away from expert care.

