



# Health Care on Your Terms

Take control of your health with unlimited 24/7 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
- Select phone or video visits
- Providers order appropriate prescriptions from pharmacy of your choice

### General Medical

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

### Mental Health

- Select from a listing of licensed mental health providers and reschedule 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 and can take months

### Neck and Back Care

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

### Nutrition Counselling

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



Go to <https://calodging.com/health-care-discounts-solutions> to learn more and sign up!