



Cost. Quality. Convenience.

Tools for what matters most



Now you've got two powerful cost and time-saving tools at your fingertips: telemedicine and cost and quality transparency. Get to know these helpful tools provided to you as part of your health benefit plan.

Telemedicine and Telebehavioral Health Powered by

What is it?

On-demand digital visits with a board-certified doctor for nonemergency conditions via phone or video chat anytime, from anywhere. Ongoing, discreet digital visits with behavioral health professionals, including psychiatrists, psychologists, social workers, and more.¹

Why use it?



Save money

Keep money in your pocket. Telemedicine saves on average **\$141** vs. an office or urgent care visit and a whopping **\$2,561** vs. a nonemergency ER visit!²



Save time & hassle

Get care **24/7/365 within about 10 minutes³** from home, work, or on-the-go. No waiting for an office visit, no lines at urgent care or ER for nonemergencies.



Discreet care

Get support with anxiety, depression, grief, family difficulties, and more from the **privacy and safety of home.**¹

How much does it cost?⁴

Medical visits:

\$15 fee

Behavioral health visits:

\$15 fee for consultation with non-psychiatrist; **\$15** fee for consultation and initial visit with psychiatrist, subsequent visits **\$15** fee

How do I get started?



Online

Log on to **mytrustmarkhealthbenefits.com** and click Teladoc in the *My Links* section.



Mobile app

Download the Teladoc mobile app and click *Activate account*. Download for free from Apple's App Store or Google Play.



Phone

Call **1-800-TELADOC** (835-2362).

Save even more time by setting up your account and providing your medical history today. Then when you need care, you're already set!

What is it?

Helpful tool that allows you to quickly and easily compare cost and quality of local facilities to help you make smart, informed healthcare choices.

Why use it?



Save money

Prices for certain procedures can vary **up to 500%**⁵ Easily shop around, and don't pay more than you have to for the same care.



Seek high-quality care

Just because a hospital is great at one thing, doesn't mean it's great at everything. Compare procedure **cost and quality scores** of local facilities to find the highest quality, cost-effective care.

How much does it cost?

Nothing! Healthcare Bluebook is free to you as part of your health benefit plan. It's a no-brainer.

How do I access it?



Online

Log on to **mytrustmarkhealthbenefits.com** and click *Access Healthcare Bluebook* in the *My Links* section. If you want to use the mobile app, your mobile access code will be at the bottom of the page.



Mobile app

Download the Healthcare Bluebook mobile app and enter your mobile access code from **mytrustmarkhealthbenefits.com**. Download for free from Apple's App Store or Google Play.

Get a head start and download the app today. Use it in your doctor's office to make sure he or she refers you to a quality, fair-cost facility!

If you have any questions about these tools, we're here to help. Just call the number located at the top of your ID card.

¹ Behavior health professionals are not available to minors.; ²Teladoc, Inc. 2017: Office visit & ER avg. on weighted basis; ³10 minutes is the median wait time for general medical care, telebehavioral care subject to provider office hours; ⁴Telemedicine fees are subject to the terms of the plan, including any applicable deductible and coinsurance provisions. All fees apply to 2017 and are subject to change.; ⁵Healthcare Bluebook 2015 ShopSmart Services Portfolio

Trustmark Health Benefits is the third party administrator of your employer's self-funded health benefit plan. Teladoc and HealthcareBluebook are not affiliates of Trustmark Health Benefits.

Expect **more.** Benefit more.