



# Cost. Quality. Convenience.

## Tools for what matters most



Now you've got another powerful cost and time-saving tool at your fingertips: cost and quality transparency. When paired with your existing telemedicine tool, Teladoc, you've got a one-two punch to fight against high healthcare costs!

## Cost and Quality Transparency Powered by Healthcare Bluebook.

### 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%!**<sup>1</sup> 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 **mycoresource.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 **mycoresource.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!**

## What is it?

On-demand digital visits with a board-certified doctor for nonemergency conditions via phone or video chat anytime, from anywhere. **NEW:** Ongoing, discreet digital visits with behavioral health professionals, including psychiatrists, psychologists, social workers, and more.<sup>2</sup>

## 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!<sup>3</sup>



### Save time & hassle

Get care **24/7/365** within **about 10 minutes**<sup>4</sup> 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**.<sup>2</sup>

## How much does it cost?<sup>5</sup>

All plans vary; check your plan for your specific telemedicine fees.

	Behavioral Health		
General medicine	Non-psychiatrist	Psychiatrist, initial visit	Psychiatrist, subsequent visits
\$0 - \$45	\$0 - \$80	\$0 - \$160	\$0 - \$90

All fees listed are per consultation.

## How do I get started?



### Online

Log on to **mycoresource.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).

**If you haven't already, save even more time by setting up your account and providing your medical history today. Then when you need care, you're already set!**

**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.**

<sup>1</sup> Healthcare Bluebook 2015 ShopSmart Services Portfolio; <sup>2</sup> Behavior health professionals are not available to minors; <sup>3</sup> Teladoc, Inc. 2017: Office visit & ER avg. on weighted basis; <sup>4</sup> 10 minutes is the median wait time for general medical care, telebehavioral care subject to provider office hours; <sup>5</sup> Telemedicine 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.

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