



**NALC**  
Health Benefit Plan



*telehealth*



## You have access to leading doctors through NALCHBP Telehealth

### Tap into the care you know and trust – 24/7

NALCHBP Telehealth makes it easy to talk to a doctor 24/7 - whenever and wherever you need to. Our board-certified doctors are available 24/7 to treat urgent care conditions that don't require an in-person visit.

All you need to get started with a virtual visit is a smartphone, tablet, or computer. Virtual visits using NALCHBP Telehealth are a covered benefit under your NALC Health Benefit Plan.

### NALCHBP Telehealth makes it easy to get the care you need on your schedule.

- **24/7 urgent care.** Speak with a doctor in minutes with a virtual visit. If you need a prescription, have it sent to the pharmacy of your choice.
- **Nutrition counseling.** Personalized advice and diet plans from registered dietitians based on your goals and health concerns.
- **Lactation support.** Schedule an appointment with a registered lactation consultant to get help with common breastfeeding issues.
- **Women's health.** You can get personalized women's health care and support with a virtual visit. Whether it's for contraceptives, perinatal care, or menopause, you can see a doctor from the comfort and privacy of home.

### Get care for many common conditions, including:

- Cold, flu, and allergy symptoms
- Bronchitis
- Strep throat
- Stomach flu
- Pink eye
- Urinary tract infection (UTI)
- Rashes
- Sinus infections
- Minor injuries



### Signing up is easy. You can get started in 3 simple steps:

1. Download the app or go to [www.nalchbptelehealth.org](http://www.nalchbptelehealth.org)
2. Enter your health plan ID to see your visit cost
3. Connect to the doctor you choose

Visit [www.nalchbptelehealth.org](http://www.nalchbptelehealth.org), download the NALCHBP Telehealth app, or scan the QR code to get started.