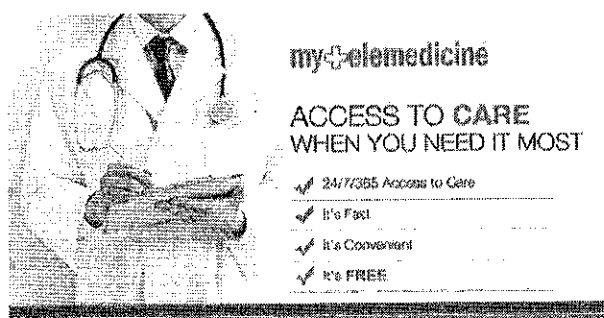


Southeastern Massachusetts Health Group

You have received this message because you are a member of Southeastern Massachusetts Health Group. You now have a Telemedicine benefit available to you at no cost.

The information below will introduce you to this benefit called, your MyTeleMedicine membership, and how you and your family can take advantage of it in case of a common acute illness.

With MyTeleMedicine, anywhere in the USA, you can talk to a board-certified doctor 24/7/365 via phone or video at **No Cost to You**, and with **No Co-Pay**. If your doctor determines you need a prescription, it can be sent electronically to the closest pharmacy of your choice. It's a more convenient and inexpensive way to get the treatment you need when you need it most, so you can get back to feeling great again.



SIMPLE AS 1, 2, 3...

This is a benefit provided by your Employer **free with no copay!**

It's more convenient than making an appointment and going to a local doctor or waiting in an emergency room for non-emergency care at high expense!

Everyone has 24/7 Access to a Doctor!

Nationwide service is available, even in Puerto Rico! Spanish language communication is also available! We have a 24/7 In-house call center with bilingual representatives!

The service can be used from your cell phone, tablet, laptop, or PC! You can even download our App "Access a Doctor."

The only action required to use this benefit is to call the toll-free number below so a CARE Coordinator and activate your account!

It cannot be stressed enough that this totally free to you and there is no co-pay required!

There is a link to the easy to use Member Portal below where you can complete setup of your account after activation.

Once activated, if you need to use the service, follow these steps...

1. CONNECT - Call 1-800-611-5601 or login at your member health portal, <https://portal.MyTeleMedicine.com> and schedule a consultation with a physician licensed in your state. If you're a first time user, you can setup your account here: <https://portal.MyTeleMedicine.com/go/dashboard/register> or simply call in.

2. TRIAGE – Initially when you call, you'll speak to a CARE Coordinator who will do triage with you and update your electronic health records, along with all symptoms, as appropriate. This is so the doctor you will speak to shortly thereafter will have the initial information needed to better evaluate your need.

3. CONSULT – After this initial contact, the physician will call you back in under 2 hours (average is 19 minutes) to discuss your symptoms with you, then recommend a treatment plan, and if a prescription is necessary, send it in to the pharmacy of your choice.

COMMON CONDITIONS

In many cases, a visit to the Doctor's office, urgent care clinic, or emergency room can be avoided. This saves you significant time and money. Physicians can treat a growing list of common conditions.

MyTeleMedicine does not replace your primary care physician. The goal is to provide you with convenient, affordable healthcare, when you NEED it most.

WHEN TO USE THIS BENEFIT

- If you have health related questions and just need professional guidance
- When on vacation, on a business trip, or away from home
- If it's after hours, the weekend or a holiday and you need medical attention for a non-emergency issue

- You need a second opinion
- Cold / Flu
- Sinus Infection
- Allergies
- Headache
- Bronchitis
- Upper Respiratory Infection
- Stomach Ache or Diarrhea
- Pink Eye
- Rash or Skin Infection
- Urinary Tract Infection
- Nausea

If you have any questions, please call Customer Service day or night at 1.800.611.5601.

We look forward to providing you with Healthcare when you NEED it most.

CLICK HERE TO ACCESS YOUR BENEFIT: <https://portal.MyTeleMedicine.com>

First time user? Click here to setup your account:

<https://portal.MyTeleMedicine.com/go/dashboard/register>



Copyright (c) 2019 MyTeleMedicine.com | All rights reserved.

Terms of Use: <http://www.MyTeleMedicine.com/terms-conditions.html>

Contact Us: <http://www.MyTeleMedicine.com/contact-us.html>

FAQs Page: <http://www.MyTeleMedicine.com/telemedicine-questions.html>

Visit us on social media at the following links...

<https://www.facebook.com/MyTeleMedicine/>

<https://www.linkedin.com/company/MyTeleMedicine-com>