

HARRISON ELECTRICAL WORKERS TRUST FUND

www.harrisonbenefits.org

January 2019

Convenient Medical Care by Phone, Video or App

\$0 copy for all medical plans during 2019

Starting January 1, 2019, no matter which of our medical plans you're enrolled in, you and your covered dependents will have the option to consult with a doctor no matter where you are - eliminating the time and hassle of traveling to and from the doctor's office. Specific program details vary depending on which medical plan you're enrolled in. Look for your plan below for details!

How it Works



Receive treatment for conditions such as:

- **Common ailments** - fever, cough, flu, headaches/migraines, sore throat, sinus infection, stuffy nose, laryngitis
- **Respiratory** - infections, bronchitis, seasonal or pet allergies, chest congestions
- **Eye** - eye irritation or infection, pink eye, stye
- **Skin and nails** - rashes/hives, infections, poison ivy/oak, athlete's foot, ingrown nail, acne
- **Gastrointestinal** - heartburn, nausea, vomiting, diarrhea, upset stomach
- **Other problems** - joint or back pain, minor cuts/scrapes, strains/sprains, insect bites/stings, minor burns

Trust Medical Plan - Teladoc

You and your family members enrolled in the Trust Medical Plan now have access to board-certified doctors via phone, video, or mobile app visits.

Getting Started

Before scheduling your first mobile app visit, you must download the app, set up a personal account, and complete a medical history form.

After your appointment, Teladoc can send information about your visit to your primary care physician (with your consent).

TELADOC

Online: www.teladoc.com

Phone: 800-Teladoc (835-2362)

App: Search "Teladoc"

Hours: 24/7/365

Special Programs

Teladoc also offers two targeted programs.

TOBACCO CESSATION

Teladoc offers resources to help you get and stay smoke free.

- Ongoing support and follow-up from a tobacco cessation coach
- 24/7 support hotline answers questions and provides resources
- Prescription drugs or products

To enroll, call Teladoc and request a general medical visit, then tell the doctor you're interested in tobacco cessation. The program is free!

DERMATOLOGY

To receive treatment for a skin condition (psoriasis, acne, moles, rosacea, etc.) by a board-certified dermatologist via web or app, simply:

1. Log in to your Teladoc account and request a dermatology consultation.
2. Answer a few questions about your skin condition.
3. Take and upload up to three photos for the doctor to view.
4. Within two business days, you'll receive a diagnosis and treatment plan.
5. Pick up a prescription (if needed) from your preferred pharmacy.

Kaiser Permanente Medical Plan – Phone or Video Visits

You and your family members enrolled in the Kaiser Permanente medical plan can have medical care and mental health care visits with a KP healthcare provider via phone, tablet, computer, or laptop. Follow-up visits are available if needed.

Call or go online to make your appointment.

KAISER PERMANENTE PHONE OR VIDEO VISITS

Online: www.kp.org

Phone: 800-813-2000 (TTY 711)

App: Search “Kaiser Permanente”

Hours: 24/7

Harrison Trust
BeneSys, Inc.
PMB #116
5331 SW Macadam Ave #258
Portland OR 97239

Providence Medical Plan – Express Care Virtual

If you and your family are enrolled in the Providence medical plan, you can see a Providence provider for diagnosis and treatment via smartphone, tablet, or computer. Visits are live, secure, and confidential. What's more, they're free!

Learn more and create a free account at www.Virtual.Providence.org

Call or go online to make your appointment.

Getting started

Once you've scheduled your appointment, follow these steps to join your video visit.

From a mobile device (smartphone or tablet):

1. Go to your app store and download the Kaiser Permanente app.
2. Sign on the app using your kp.org user ID and password.
3. Go to “Appointments” and tap “Join” to start.

From a computer or laptop:

1. Click the link in your confirmation email or sign on to www.kp.org.
2. Download and install the Video web plug-in.
3. Click “Join Your Video Visit” to start your visit.

To make sure you have plenty of time to download the app or web plug-ins, join your appointment five to 10 minutes early. For technical support, call 844-800-0826.

Getting started

1. Sign up: Download the Express Care Virtual app. Input your personal information.
2. Select a provider: Choose from the list of available health care providers.
3. Have your visit: See a provider right away. Get your diagnosis and treatment.

EXPRESS CARE VIRTUAL

Online: www.Virtual.Providence.org

Phone: 855-360-5472 (Tech support)

App: Search “Express Care Virtual”

Hours: 7 days a week; 8 a.m. – midnight