

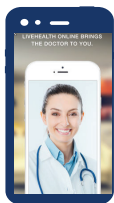
Use LiveHealth Online to Connect with a Doctor Anytime, from Anywhere!



Your Brothers and Sisters say it's easier than they thought!

Just Take 5 Easy Steps

How often have you needed medical care but couldn't get it because you were too busy, weren't near your doctor or needed help after hours? LiveHealth Online lets you skip long waits and visit a doctor from the comfort and convenience of your own home or while you're on the go. You'll pay just a **\$10 copay with no deductible**—the Fund pays the rest!



1

Go to www.livehealthonline.com or access the LiveHealth Online mobile app in the App Store (Apple) or Google Play (Android). Click "Sign Up" and complete the requested information.



2

Decide if you need non-emergency medical care right away. Do you or a covered dependent (including children) have:

- Cold or Flu
- Rash
- Allergies
- Fever
- Infection
- Or something similar?

3

When you need care, go to LiveHealth Online 24/7, 365 days a year.



- **Online:** Visit www.livehealthonline.com and click the **Continue** button.
- **LiveHealth Online mobile app:** Click the **Connect** button.

If your preferred LiveHealth Online doctor is seeing another patient, you can wait or see another doctor right away.

4

You'll be connected with a doctor who:



- Is based in the United States
- Is usually a primary care physician
- Is board-certified
- Is specially trained for online visits
- Has an average of 15 years practicing medicine

Just explain your medical concern and your doctor will check your medical history, evaluate your symptoms and recommend a treatment plan—all over secure video chat!

5



Need a prescription? Your LiveHealth Online doctor will submit it to your local in-network pharmacy for fast, easy pickup, or to your mail order service.

Plus, your doctor can provide you with a sick slip or medical clearance to return to work, if needed.



Don't Delay!

Register today so you can save time and get care faster when you need to use LiveHealth Online for a condition or concern.

Have Benefits Questions? Our Website Has the Answers!

Check out these new features on www.teamstersHCWbenefits.com:

- **“I Want To...” search box:** quick links to exactly what you're looking for, like where to go for urgent care, how to find a network doctor, and how to find claims information.
- **What's New:** the latest news about your benefits.
- **Frequently Asked Questions:** fast answers to common questions about your benefits.
- **Special Alerts:** Important changes or actions you need to take, shown at the top of the home page.

Plus, check out all the other great features already available on the site, including:

- Details on your health & welfare benefits
- Links to the Zenith American Solutions website and other plan and benefits contacts
- How to enroll for benefits
- The benefits forms and documents you need.

Add this website to your phone: go to the site on your mobile device and follow the simple instructions at the bottom of the page.

