

I.B.U. of the Pacific National Health Benefit Trust

The IBU Health PPO Plan has added Teladoc, TeleMedicine benefits effective June 1, 2020. READ BELOW FOR BENEFIT UPDATES.

TeleMedicine Visits – UPDATE

Effective June 1, 2020, TeleMedicine visits for IBU Health PPO Plan Participants are provided by Teladoc.

Teladoc benefits include:

- Teladoc benefits for IBU Health PPO Plan Participants only. If you have Kaiser or HMSA, please contact Kaiser or HMSA for their TeleMedicine benefits.
- \$0 co-pay for any Teledoc TeleMedicine visit. Services available:
 - General Medical. (seasonal illnesses, infections, minor injuries and more)
 - Dermatology (skin problems)
 - Behavioral Health (initial and ongoing consultations)
- You will receive a separate welcome letter from Teladoc.
- You will receive an updated ID card from Premera with Teladoc contact information on the back of the card. Your old cards will still work, and your ID numbers on the front (medical and prescription) are not changing.
- To contact a Teladoc doctor anytime, simply go to www.Teladoc.com/Premera or call 1-855-332-4059. You will need your existing ID number, which begins with INB, from your Premera PPO ID card.

Please also note that previously communicated TeleMedicine visits with an in-network or out-of-network provider effective March 16, 2020, will still be covered by the IBU Health PPO Plan for the duration of the COVID-19 crisis. These visits will be paid similarly to an in-person office visit with usual limitations and cost shares subject to the terms and conditions set forth in the Summary Plan Description.

Questions?

If you have questions about this new benefit, please go to www.ibubenefits.org for complete information about Plan benefits, your contributions, eligibility, dependents and claims.

PMB #116 · 5331 S Macadam Avenue Suite 258 · Portland, OR 97239

(503) 224-0048 (800) 547-4457 Fax (503) 228-0149

www.ibubenefits.org

So many reasons to use Teladoc®



Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits.
It's an affordable option for quality medical care.

<p>1</p>  <p>Talk to a doctor anytime, anywhere you happen to be</p>	<p>2</p>  <p>Receive quality care via phone, video or mobile app</p>	<p>3</p>  <p>Prompt treatment. talk to a doctor in minutes</p>
<p>4</p>  <p>A network of doctors that can treat every member of the family</p>	<p>5</p>  <p>Prescriptions sent to pharmacy of choice if medically necessary</p>	<p>6</p>  <p>Teladoc is less expensive than the ER or urgent care</p>

GET THE CARE YOU NEED

Teladoc doctors can treat many medical conditions, including:

- Cold & flu symptoms
- Allergies
- Pink Eye
- Respiratory infection
- Sinus problems
- Skin problems
- And more!

With your consent, Teladoc is happy to provide information about your Teladoc visit to your primary care physician

Talk to a doctor anytime!

 Teladoc.com/Premera
 1-855-332-4059

