



CALIFORNIA SCHOOLS
EMPLOYEE BENEFITS
ASSOCIATION

CSEBA Telehealth Options





Kaiser Members

Skip the trip to the doctors office! Next time you have a health condition, you have many convenient ways to get care when and where it works for you and your family.



E-VISIT

Fill out a short questionnaire about your symptoms online and get personalized self-care advice, usually within 2 to 3 hours, from a Kaiser Permanente provider.



PHONE:

Schedule an appoint to talk with a doctor or nurse over the phone - just like an in-person visit. Appointments are often available the same or next day.



VIDEO:

Meet face-to-face with a doctor by video for the same high-quality care as an in-person visit. Appointments are often available the same or next day.



MAIL ORDER PHARMACY

Get prescriptions sent straight to your door with our mail-order delivery service.

Ready to make an appointment?

Sign in to kp.org
or use the
Kaiser
Permanente
App

Call us 24/7 at
1-833-574-
2273 (TTY 711)

Visit
kp.org/getcare
to learn more
about your
options



Blue Shield Members

Get care when and where you need it through your Blue Shield health plan. As a Blue Shield member, you have access to Teledoc's national network of U.S. board-certified physicians, licensed in California. Whenever you need care, Teledoc doctors are available 24/7 by phone or video.

Use Teledoc

If you're considering the ER or urgent care center for a non-emergency

When on vacation, a business trip, or away from home

For short-term prescription refills

Get the care you need

Teledoc doctors can treat many conditions:

- Cold/Flu symptoms
- Allergies
- Bronchitis
- Respiratory Infection
- Sinus problems
- and more!

Meet the doctors

Practicing primary care physicians, pediatricians, and family physicians

Have an average of 20 years of experience

Are board certified and licensed and credentialed every three years

**DOWNLOAD
THE APP!**



WWW.TELEDOC.COM/BSC

Talk to a doctor anytime for a small copay!

- 27/7 access: 1-800-835-2362
- HMO and PPO Members: \$5 copay per consult
- Trio HMO and Tandem PPO Members: \$0 copay per consult
- High Deductible Health Plans: \$45 consult fee until the deductible is met, then a \$5 copay. Please see your EOC for a detailed description of coverage benefits