Your care, anytime, anywhere

with Teladoc Health

Teladoc Health gives you and your family fast, easy access to board-certified doctors and licensed mental health professionals right from your phone, computer or tablet. Whether you need help with a sore throat at midnight or want to talk to someone about stress, Teladoc Health is here for you.

Benefits of Teladoc Health

Skip the waiting room

Get care from home, work or while traveling.

Save time and money

Avoid unnecessary trips to the emergency room.

Feel better faster

Most concerns are addressed in the first visit, and 90% of members are satisfied with their care.[1]

Your privacy is protected

All visits are confidential.

How to access

Visit teladochealth.com

You can also download the Teladoc Health app for iOS or Android

- Register
- Choose your provider
- Schedule a visit
- Connect

Teladoc Health is an independent company providing telehealth services including medical advice on behalf of Blue Cross Blue Shield of North Dakota.

Blue Cross Blue Shield of North Dakota is an independent licensee of the Blue Cross Blue Shield Association.

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Care options

With Teladoc Health, you have two options for care. You can talk to a doctor anytime, day or night, with the 24/7 care program. You can also connect with a mental health professional for support when you need it. Both options are easy to use and available from anywhere.

1 24/7 care services

Connect with a board-certified doctor anytime, day or night, for nonemergency medical needs.

Get help with:

- Pink eye, rashes or bug bites
- Minor injuries and more
- Sore throat, cough or sinus problems
- Cold, flu or allergies
- Medication for travel

Benefits

- On-demand visits, usually within just minutes
- Prescriptions sent to your pharmacy if needed
- Care for all ages
- Multilingual support, including American Sign Language

95%

Of concerns addressed in the first visit[2]

Save an average of $465 per visit compared to ER costs[3]

2 Mental health care

Talk to a licensed therapist, psychologist or psychiatrist by phone or video, 7 days a week, from the privacy of your home.[4]

Get help with:

- Anxiety and depression
- Relationship challenges
- Stress and burnout
- Sleep issues

Benefits

- Choose your provider based on specialty, language or background
- Build an ongoing relationship with the same expert
- Flexible scheduling – find a time that works for you
- Available for adults 18+ (psychiatric services and medication management are not available for adolescents)

75%+

Of members feel better after just 3 appointments[5]

Your cost is shown up front (varies by plan)

[1]Teladoc Health, Consumer engagement survey results [2]Teladoc Health data, 12/31/2023, [CRUS-10597] [3]Teladoc Health claims data from 2018-2019
[4]Therapy/Psychology for ages 13+ & Psychiatry for ages 18+ [5]Teladoc Health, Data Disclosure, CLO044 & CLO045, August 2019