

Teladoc: Whole-person virtual care that makes healthier possible

Telehealth solutions for MESSA members and covered dependents

24/7 Care

Visit with a board-certified provider for minor illnesses such as sore throat or sinus infection and minor injuries. No appointment needed.

Mental Health

Connect with licensed therapists and psychiatrists for mental health concerns such as grief, anxiety, depression and more. Evening and weekend appointments available.



Teladoc
HEALTH

Virtual Primary Care

Manage your overall health with a U.S. board-certified primary care doctor for:

- Annual checkups and preventive care
- Prescriptions
- Lab orders and screenings
- Referrals to in-person (and in-network) specialists

Chronic Condition Management

Free support programs for common chronic conditions for qualifying members and dependents:

- Diabetes management
- Diabetes prevention and weight loss
- Hypertension management

Members participating in a chronic condition program can also enroll in myStrength, a resiliency program offering support for stress, depression, sleep issues and more.

Start using your Teladoc Health benefits today



Call 800-835-2362

hours a day



teladoc.com/mobile



Visit messa.org/Teladoc

