



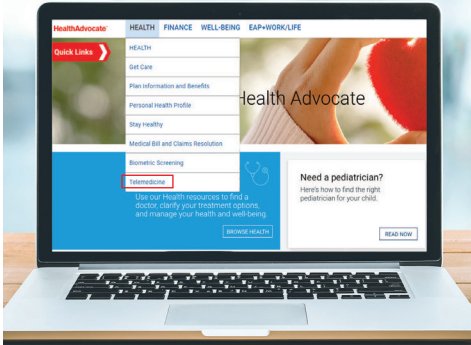
Health Advocate Telemedicine Program powered by MeMD

Using your Telemedicine Program is Easy!

How to request a MeMD consult:

When it's time to request a visit, follow these simple directions. The steps are the same, whether you're using your computer, tablet or smartphone.

1. Log in to the Health Advocate member website
2. Click **"Telemedicine"** under **"Health"** from the dropdown menu
3. You will be instantly redirected to the MeMD portal where you will answer a few simple questions about your medical history to create your MeMD account



Once you're on the MeMD portal:

1. Click **"Get Started"** to request a visit
2. Select the type of visit you need under **"Request Care"**
3. Click **"Request a Medical Visit"**
4. Type in the reason for your visit (a brief description of your issue)
5. Enter the waiting room
6. Connect with your provider



Register first, before you need it

While requesting a virtual consult is easy, illnesses and injuries usually happen when we least expect them. **That's why it's recommended that you register now, so the program is ready to go when you need it!**

Note: You may be responsible for a small copay; direct any questions to your plan sponsor



We're not an insurance company. Health Advocate is not a direct medical care provider, and is not affiliated with any insurance company or third party provider.

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