



Benefits of Telemedicine

What is telemedicine?

Telemedicine is the practice of using technology to deliver medical care at a distance. A physician in one location uses telecommunication to deliver care to a patient at another location. These telecommunications may include, but aren't limited to video conferencing, email and telephone calls.

How does telemedicine work?

Your primary care physician (PCP) or specialist may already offer telemedicine calls and appointments. Telemedicine consultations bring you and a doctor together more efficiently, helping you skip long waiting lists to get an appointment sooner. Using a virtual meeting or phone call, you can talk to a doctor about symptoms and receive a treatment plan from the comfort of your own home.



Advantages of using telemedicine

Telemedicine offers several benefits to help you get and stay healthy. These include:

- Simpler access to care.
- Treatment right from your home.
- Flexible scheduling.
- Medical support and information when you need it.

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Finding a provider

To find an in-network provider, you can visit Find Care® through **Aetna.com** or visit: <http://www.aetna.com/docfind/custom/mymeritain/>.

Please refer to your plan document to ensure your plan offers coverage for telemedicine.

Teladoc Health™

In addition to telemedicine visits, your plan also offers access to Teladoc. Teladoc is a on-demand health care solution that gives you the medical care you need, when you need it. With Teladoc, you can talk to a highly qualified, experienced doctor 24/7 by phone, online video or mobile app. The standard consult fee applies for Teladoc visits.

For more information, please contact us at the number on your ID card.

Not all services are covered. See plan documents for a complete description of benefits, exclusions and limitations of coverage. Providers are independent contractors and are not agents of Meritain Health. Provider participation may change without notice. Meritain Health and Aetna do not provide care or guarantee access to health services.

Sources:

<https://www.healthline.com/health/telemedicine-benefits-and-advantages>

<https://vsee.com/what-is-telemedicine/>

<https://www.aafp.org/media-center/kits/telemedicine-and-telehealth.html>

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