

Getting started with HealthiestYou

With HealthiestYou, you can connect with a doctor that can diagnose, treat, and even prescribe medication (when medically necessary) over the phone or via the mobile app, 24/7 ... all from the comfort of your couch!

1 Set up your account online

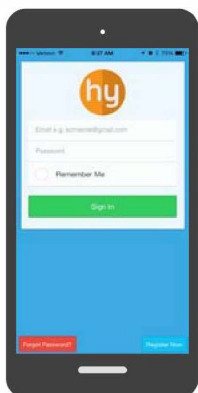
Head over to **member.healthiestyou.com** and set up your account on the member portal. Here you'll have access to the same amazing tools as the app, but from your computer.

2 Download the app

Search and download "HealthiestYou" or "HY" in the App Store or Google Play!



3 Set up the app

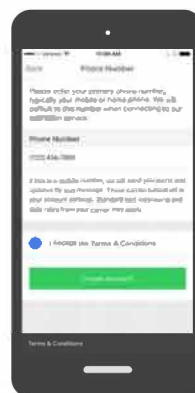


Click "Sign In" to get started.

The app login is the same information from the online member portal registration.



Select and enter some basic information about yourself.



Enter your primary phone number. We will default to this number when connecting to our telehealth service.

- Accept the "Terms & Conditions"
- Click "Create Account"

4 Use HealthiestYou next time you're sick

Open the app and select "Visit Doctor." Verify your medical history or make any necessary changes. Verify your contact information and confirm the visit. Sit back and a doctor will call you shortly.

No smartphone or internet? No problem! Simply call toll-free on any phone to talk to a doctor: **866.703.1259**