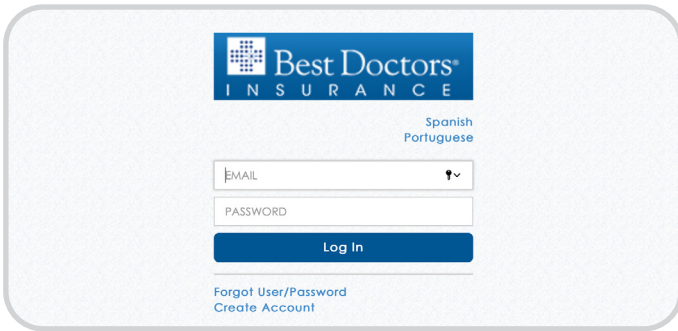


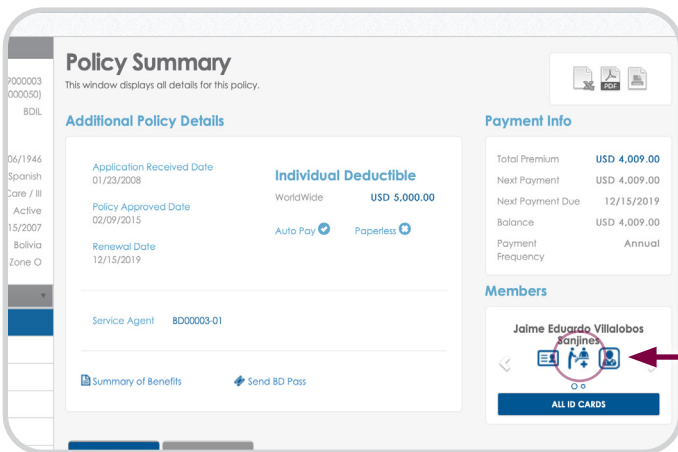
How to schedule a Telemedicine consultation

Access a Doctor From Your Home. Feel Better Sooner!

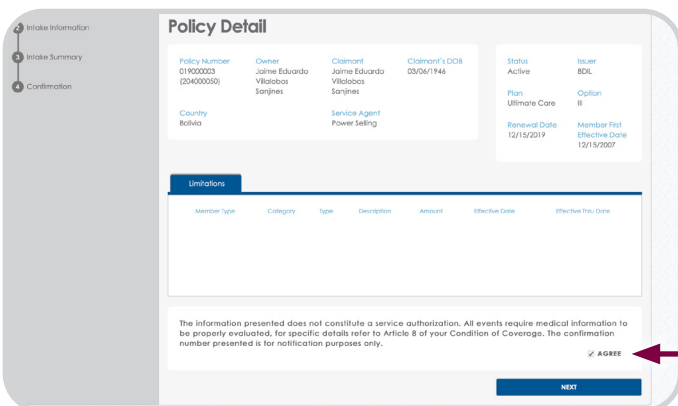
- 1 Log in to the [Member Portal](#). If you haven't registered yet, [click here](#) to see instructions on how to do it.



- 2 Under the **Policies** tab, click on the **Medical Notification** button.

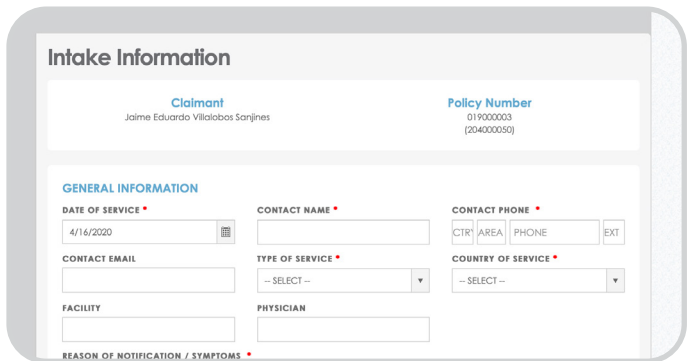


- 3 Check the **Agree** box and click **Next** to continue.

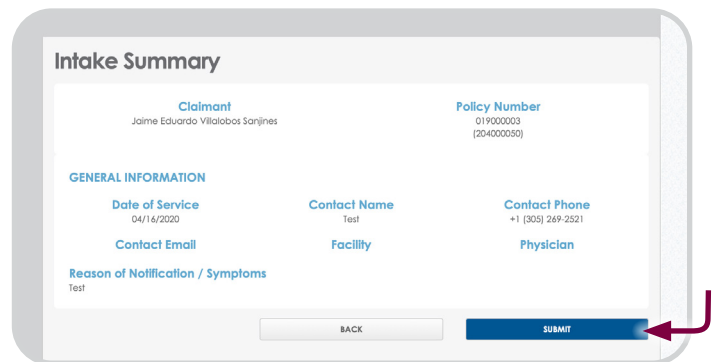


- 4 Complete the details of the notification:

- Select the date for when the service is being requested
- Provide contact information: name and telephone number including country and area codes
- Provide an email address where you will receive a link for the video conference
- Select Telemedicine under **Type of Service**
- Select the country you are calling from under **Country of Service**
- Include symptom details under **Reason of Notification/Symptoms**.



- 5 Check the **Agree** box and click **Next** to continue.



- 6 You will get a confirmation that your request was successfully submitted. A copy of the confirmation will also be sent to the email address you provided.

