



FLORIDA
RESTAURANT &
LODGING
ASSOCIATION

healthy
hospitality



healthiestyou
By Teladoc

Teladoc™

is an easy and affordable
way to get health coverage

"We have found offering Teladoc to our employees is an **easy and affordable way** to make sure they have the health coverage they need.

With hotel employees working different hours throughout the day, **Teladoc makes it easy** for them to be seen when it's convenient for them. **I would recommend any manager utilize this program** for their employees to take advantage of."

– Marty Rosenthal *General Manager/COO,
The Otesaga Resort Hotel*



Get Care Now (General Medical) \$0/unlimited visits

Talk to a doctor in minutes, 24/7 for non-emergency conditions



Mental Health \$0/unlimited visits

Build an ongoing relationship with a therapist or psychiatrist of your choice by appointment 7 days a week (7am to 9pm)



Dermatology \$0/unlimited visits

Upload images of a skin condition and received a personalized treatment plan within 2 business days



Expert Medical Advice \$0/unlimited visits

Our world-renowned medical experts can answer any medical questions, double-check a diagnosis, help you decide on a treatment plan or provide guidance about a surgery



Nutrition \$0/unlimited visits

Talk to a registered dietitian for a personalized nutrition plan or help managing a condition like diabetes or high blood pressure



Neck & Back Care \$0/unlimited visits

Relieve your neck and back pain through guided videos with a certified health coach

All services included:
\$9.00
per enrolled
employee per month
(includes dependents)

Add adolescent mental health care for
only \$0.50 per employee per month

Every employee is eligible:

- Full-time • Seasonal • 1099
- Part-time • H-2B



Scan the QR code and select Florida Restaurant & Lodging Assn. from the drop-down menu to start the enrollment process.

For more information, contact Alliah Bradburn at Alliah.Bradburn@Optum.com

