

## Introducing personalised health support for insureds

Telemedicine can help you improve your physical and mental wellbeing.

Wherever you are, in a language that you are comfortable with.



[ecare.globalhealth.insurance](https://ecare.globalhealth.insurance)

Read more  
about the  
services:



# Services available to insureds at no additional cost

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## Online Consultation

- 24/7/365 access to high quality doctors for you and any family members covered by the policy
- Option to share pictures or medical documentation
- Swift answers to medical questions (non-emergency/non-urgent)
- No need to travel to visit a doctor – these services are available from the comfort of your own home
- Possibility to prescribe medication\*

## Mental Health Coaching

- Quick access to Mental Health Coaches to discuss topics like stress, anxiety, burn-out complaints, specific life events, etc.
- Access for you and any family members\*\* without a referral
- Ongoing support for up to 3 sessions with the same coach
- Speak to the coach in a language you feel comfortable with
- No need to travel – these services are available from the comfort of your own home

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## Second Medical Opinion

- Request an International Second Opinion and have a world-renowned expert review your medical situation and answer any questions you may have
- Ongoing support from a Teladoc Health Case Manager during the whole process
- A comprehensive report based on your medical file, including the review of imaging studies, pathology reports, specialist letters, etc.
- Available for more serious diagnoses such as cancer, multiple sclerosis, etc., but also for any other diagnosis or complaint for which you have seen a specialist
- No need to travel to see a doctor face-to-face, as this is a virtual service

## Get Fit Program

- We help you and your family\*\* live your healthiest life by starting the Get Fit Program
- Personalised 4 or 8-week plans based on your starting level
- Making exercising and a healthy diet accessible for everyone
- Tasty recipes and tips for different types of diets: omnivore, vegetarian, and vegan

**Explore Teladoc Health's range of medical services. Your health and wellbeing is our priority, and we're here to offer support throughout your healthcare journey. We make sure you and your family get the guidance you need, no matter where you are. Our portal, services and app are available 24/7/365 in English, German, French and Spanish.**

\* Not all types of medication can or will be prescribed, this is at the discretion of the doctor providing the consultation and internal prescribing policy, some jurisdictions may not allow the prescription of medication.

\*\* These services are not available to people under 18.