

# Mobile App

## How to Access your Benefits

Follow these easy steps to start using your benefits:

### 1. Download

Download the My Benefits Work mobile app from the App Store or Google™ play.



### 2. Register

Register your account on the app or the web portal – you only need to register once and your login will work for both.

### 3. Enter ID

Use your Group ID and Member ID from the front of your membership card.

### 4. Enter Email

Enter your email address – this will be your username for the app and portal.

### 5. Enter Phone Number

Enter your mobile phone number and a password, then proceed.

### 6. Confirm

You will be prompted to confirm your account through text message or email. Enter the code and continue.

## After You've Registered, Start Exploring!

- Easily access your benefits, all in one place
- Keep your benefit and insurance cards organized in My Wallet
- Add your spouse and dependents to your benefit program
- Get live support by chat or phone call



# How to Set Up your Teladoc Account

## How to Set Up your Teladoc Account

Follow These Steps for 24/7 Virtual Access to a Doctor, When and Where You Need it

### Register with Teladoc Before Requesting a Visit

1. From your mobile app or web portal, click on **'Benefit Details'** under Teladoc, and click **'Register'**
2. Create a unique username and password for your Teladoc account to secure your personal health information
3. Enter your medical history
4. Follow the instructions to review and confirm

### Add Dependents

In order for your dependents to have access to Teladoc, you must first add them under the "My Dependents" section of the mobile app or web portal. Additionally, dependents over the age of 18 will need to be invited as a user of the mobile app or web portal so they can access their own Teladoc account to complete their Medical History before requesting a visit.

### Caring for a Parent or Loved One?

Add parents or adult family members as Care Recipients. Adult Care Recipients will receive an email with authorization instructions, and all Care Recipients must pay \$49 visit fee for consults.



Download the **My Benefits Work Mobile App**  
800.800.7616 | [MyBenefitsWork.com](https://www.MyBenefitsWork.com)

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