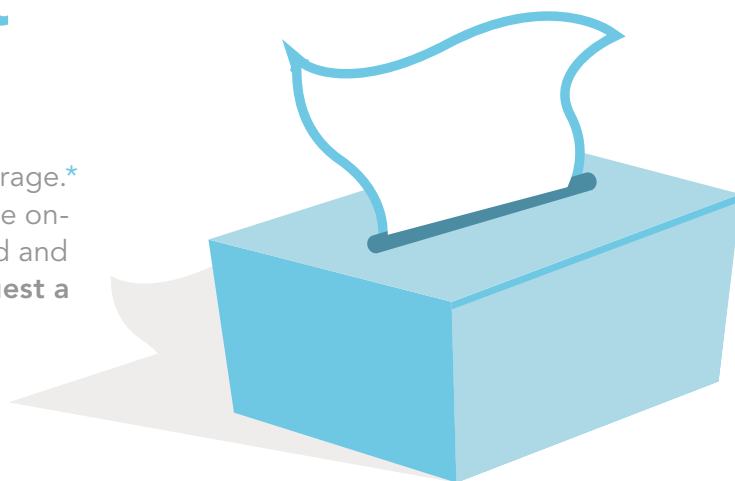


Know how to fight the cold & flu

Americans catch one to three colds a year, on average.* Teladoc's U.S. board-certified doctors are available on-demand, 24/7/365 to help diagnose and treat cold and flu symptoms. **Feeling under the weather? Request a consultation with a Teladoc doctor today!**



WHAT SHOULD YOU DO?

1 Know the symptoms

COLD. Symptoms include runny nose, sore throat, cough, and congestion. Colds are contagious during the first few days that symptoms appear and typically last about a week.

FLU. Symptoms are similar to a cold but include fever, headaches, and muscle aches. Flu symptoms typically improve within five days, though you may feel run down for several more.

2 Prevent getting sick

- Avoid close contact with anyone who is sick
- Wash your hands frequently
- Clean surfaces with a germ-killing disinfectant
- Get your annual flu vaccine
- Antiviral medications may also help prevent contracting the flu if you have been exposed

3 Teladoc your symptoms

Even the most careful person can get sick. Fortunately, you have Teladoc.

Request a consultation today!

  Teladoc.com  **1-800-Teladoc** (835-2362)

Teladoc is happy to provide information about your consultation to your primary care physician.

TeladocSM

24/7/365 on-demand access to
U.S. BOARD-CERTIFIED DOCTORS

Visit us: www.Teladoc.com or Call us: **1 800 Teladoc (835-2362)**

* "Common Cold," National Institute of Allergy and Infectious Diseases, March 2011
Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services. 04152011