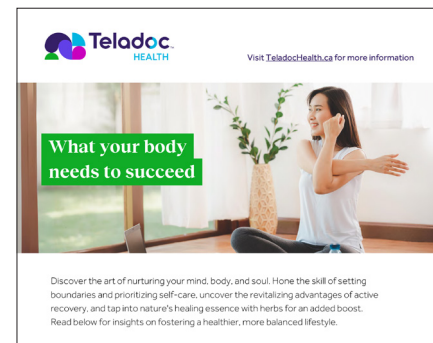


Teladoc Newsletter – March 2024

The next issue of the Teladoc Health™ newsletter is available for you to share with your team. Stay up to date on the latest news and advice on health and well-being. Click here to download and share! Employees can also find the most current Teladoc newsletter anytime on *my-benefits*®. Go to *my-benefits*® and select *Health and Wellness* from the left navigation. Click on the Teladoc card, then navigate to the Teladoc Medical Experts section to find the PDF.



Teladoc Webinar – Keeping Heart Healthy

Teladoc Health's most recent webinar, **Keeping Heart Healthy**, is now available for you to watch online. The discussion centres around what the different types of heart disease are, complications, prevention, and goes on to clear up some common misconceptions. Employees can find the link to the video on *my-benefits* under *Benefits > Coverages & Changes > Your Coverage* > (scroll to bottom) *News & Publications*.