

### 4 steps to help your employees get started FRESH!

#### STEP 1 Require Teladoc activation

Get employees to take 10 minutes to activate their Teladoc account. This triples usage! They can do this (and access all their freshbenies services) via phone, app or online. Then, when sickness strikes, it's a simple call to request a consult.

#### Call!

Call Teladoc directly at  
1-855-847-3627



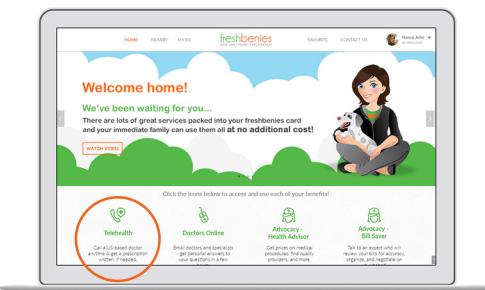
#### Download!

Get the freshbenies app and  
click the Telehealth icon



#### Login!

Visit [freshbenies.com](http://freshbenies.com) and  
click the Telehealth icon



#### STEP 2 Encourage leader support

Ask managers to talk about freshbenies in stand-up meetings, team meetings, or when an employee mentions an issue where freshbenies can help!

#### STEP 3 Send email addresses

If you haven't already given us employee email addresses, send them in a spreadsheet to [helpme@freshbenies.com](mailto:helpme@freshbenies.com) and we'll add them to our monthly beniebuzz email. Let us help your employees discover all their freshbenies services. We know this can DOUBLE your employee utilization!

#### STEP 4 Engage your team

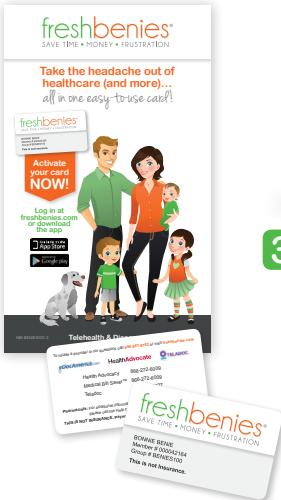
Review our Employee Engagement Resource Menu on the back. From Posters and flyers to videos and email, we have plenty available to help engage your team!

### Use these communication pieces to encourage employees to use all the services in their freshbenies card!

#### Member Access

3 ways to use freshbenies

##### 1 Call



##### 2 Download the app!

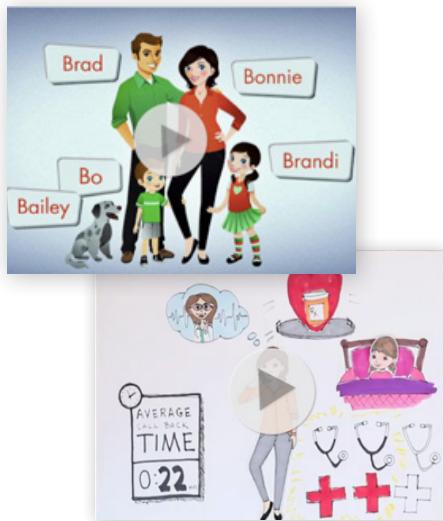
Download on the App Store      GET IT ON Google Play

##### 3 Log in at freshbenies.com!



#### Videos

Two minutes of fun for a benefits meeting, portal, email, employee TVs!



#### And more...

Posters, Table Tents, Web Banner, seasonal Teladoc promo flyers...

Some materials are available in Spanish!

Contact us at [helpme@freshbenies.com](mailto:helpme@freshbenies.com) if you have a different need.

#### Getting Started Flyer & Employee Flyers

Help employees understand each service AND how to use them in 2 easy pages. Pair 'em together in a Benefits Guide!



#### Emails

Give us an employee email address and we'll do all the work. DOUBLE your utilization!



#### Product Flyers

There's one for every service — you name it, we've got it!

