

Be prepared for natural disasters

Teladoc gives you 24/7 access to a doctor by web, phone or app.



Natural disasters can happen at any time. Make sure you're prepared for the worst. A basic emergency supply kit should include the following items:*

- First aid kit
- Water for drinking and sanitation
- 3-day supply of non-perishable food
- Manual can opener for food
- Moist towelettes and garbage bags
- Flashlight and extra batteries
- Whistle to signal for help
- Local maps

And don't forget you've got Teladoc, 24/7/365 access to board-certified doctors by web, phone or mobile app. Teladoc doctors can treat many non-emergency conditions and even write a prescription, if medically necessary. It's the care you need when you need it no matter where you happen to be.

Set up your Teladoc account today
so you'll be ready when you need care.

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