



Welcome to MYidealDOCTOR!

As a member, you and your family can receive 24/7/365 access to U.S. board-certified physicians who can consult, diagnose, and prescribe medication* via interactive audio or video (mobile app, telephone, or website). Regardless of time and location, you can connect with a network physician for common and acute illness. The physician will be able to review your telemedicine record, discuss symptoms and treatment options, and may prescribe medication* when deemed necessary. As a member, you can review your secure account anytime day or night.

Benefits	When to Use	What We Treat
<ul style="list-style-type: none"> ■ 24/7/365 Access to a physician ■ Call back < 30 minutes ■ Speak to a doctor at work, while traveling or from the comfort of your home ■ Save money by avoiding expensive ER and urgent care visits ■ No appointment Required 	<ul style="list-style-type: none"> ■ You are considering going to the ER or Urgent Care for a non-emergent issue ■ At work, home, on a business trip, vacation, etc. 	<ul style="list-style-type: none"> ■ Cold / Flu ■ Cough, congestion, sinus ■ Urinary tract infection ■ Allergies ■ Nausea ■ Constipation ■ Pink eye ■ Rashes and many more!

Your Account Information

MYidealDOCTOR
Your direct link to a physician 24/7

North Central Illinois Laborers
Group Number: MYIDR1289
Consultation Fee: \$0
(855) 879-4332
myidealdocor.com

Terms & Conditions are easily accepted via text, email, app access or portal access upon first consultation. Authorization is consent to receive secure virtual care.

Service is not currently provided in: Arkansas & Louisiana. *Prescriptions are issued when deemed medically necessary. DEA controlled substances and long term refills are not permitted. Fulfillment is electronic. Dependents are covered to age 26: children under the age of 2 cannot be treated.

It's Easy to Get Started

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Download, Click, or Call

Download the app **OR**, go to myidealdoc.com **OR**, call (855) 879-4332



2

Activate your Account

1. Go to myidealdoc.com and click **Member Login** at the top of the page.
2. Enter your email address under **First time? Please sign up now**.
3. A validation email will be sent to your inbox.
4. Click **validate**.
5. **If the email you're attempting to validate was shared by your group administrators, do the following:**
 - a. The **New User Registration** page will open
 - b. Complete the **New User Registration** page, **accept terms & conditions** and **submit**.
 - c. The MYidealDOCTOR patient portal home page will load.
 - d. You can now: add medical history, add dependents, or book a consult.
6. **If the email you're attempting to validate was NOT shared by your group administrators, do the following:**
 - a. The **Registration Options** page will open.
 - b. Select **Group Benefit** and enter your information on the **Member Lookup** form. For **Group Name** you can type your company name or group number.
 - c. Click **Search**.
 - d. If your information can be located the **New User Registration** page will open.
 - e. If your information cannot be located call member support at (855) 879-4332.

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Update Profile / Setup a Consult

1. Complete your medical history, add dependents, and choose a doctor from a list of U.S. board certified doctors.
2. See or speak to a doctor 24 hours a day, 7 days a week from your home, office, or anywhere.
3. Share your telemedicine visit with your Primary Care Physician.
4. If a doctor prescribes medication, pick up at your pharmacy of choice.