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June 2017

RE: 2017 Plan Changes

Dear Participant,

The Board of Trustees of the North Central Illinois Laborers' Health & Welfare Fund is pleased to announce a change in who the Fund uses for telemedicine. Effective July 1, 2017 the Fund is switching from Tel-A-Doc to MyidealDoctor. Enclosed please find information about MyidealDoctor and how to go about registering for this free service provided as part of your insurance.

Please retain this in the front pocket of your SPD for future reference.

Please call our office if you have any questions about this change or your benefits in general.

Sincerely,

Board of Trustees

This announcement, which serves as a Summary of Material Modifications, contains only highlights of recent changes to the North Central Illinois Laborers' Health & Welfare Fund. Full details are contained in the documents that establish the Plan provisions. If there is a discrepancy between the wording here and the documents that establish the Plan, the document language will govern. The Trustees reserve the right to amend, modify, or terminate the Plan at any time.

MYidealDOCTOR

Your direct link to a physician 24/7

Welcome to MiD!

As a member, you and your family will receive 24/7/365 access to U.S. board-certified physicians who can consult, diagnose and prescribe medication if deemed appropriate via interactive audio or video. Regardless of time and location, you can connect with a physician for common and acute illnesses. The physician will be able to review your telemedicine record, discuss symptoms and treatment options. As a member, you can access your secure account anytime of the day or night at myidealdoctor.com. Once you activate your account, download the mobile app/enable push notifications to keep MiD at your fingertips!

Benefits Of MYidealDOCTOR

- 24/7/365 access to a physician
- Call back < 30 minutes
- Speak to a doctor at work, traveling or from the comfort of your home
- Save \$\$\$ by avoiding expensive ER and urgent care visits
- Access to Behavioral Health services

When To Use MYidealDOCTOR

- You are considering going to the ER or Urgent Care for a non-emergent issue
- At work, home, on a business trip, vacation, etc.
- You do not want to sit in a waiting room with other patients

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Your direct link to a physician 24/7

North Central Illinois Laborers



Group # MYIDR1289

Consultation Fee \$0

(855) 879-4332

myidealdoctor.com

Common Conditions We Treat

- Cold/Flu
- Cough, congestion, sinus
- Urinary tract infection
- Allergies
- Nausea
- Pink eye
- Rashes and many more...

Service is not currently provided in: Arkansas
Dependents under the age of 2 are not eligible for telemedicine consultations. MYidealDOCTOR does not replace your primary care physician.

To Schedule A Consult



855-879-4332



myidealdoctor.com

To Activate Your Account

1. Go to www.myidealdoctor.com and click 'Member Login' at the top of the page.
2. Enter your e-mail address under 'First time? Please sign up now'.
3. A **validation e-mail** will be sent to your inbox.
4. Click **validate**.
5. One of **two options** will occur...

If the email address you are attempting to validate was shared by your group administrators...

- 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 are now **free to add** medical history, dependents, etc. as well as book a consult at any time.

If the email address you are attempting to validate was **NOT** shared by your group administrators...

- a. The 'Registration Options' page will open.
- b. Select **Group Benefit** and complete **Member Lookup** form by entering the following information:
 - First Name
 - Last Name
 - Date of Birth
 - Zip Code
 - Group Name – start typing either company name or group number (MYIDRXXX) to search for and select your member group from the available options provided.
- c. Click **Search**.
- d. If your information can be matched to the information shared by your group administrators then the 'New User Registration' page will open.
- e. If your information can not be matched to the information shared by your group administrators, you will be presented with a message stating such and you will have to call our **Member Support number at 1-855-879-4332 to activate your account.**

If you experience any issues, please contact 855-879-4332 for assistance.