

Skip the Waiting Room!

Telemedicine and Nurse Advice Lines provide easy access to medical care - whenever and wherever you need it!

24/7 Medical Advice

All FCPS health plans provide around-the-clock access to medical care through telemedicine and nurse advice lines.



Save Time

Don't waste time in waiting rooms! Access immediate medical care from the comfort of your own home.



See what services your FCPS health plan provides!

		Aetna/Innovation Health	CareFirst	Kaiser Permanente
Nurse Advice	How to Access Services	Informed Health® Line: 1-800-556-1555	FirstHelp™: 1-800-535-9700	Medical Advice Line: 1-800-777-7904
Telemedicine Benefits	Getting Started	Register first at: www.teladoc.com	Register or sign-on to <i>My Account</i> : www.carefirst.com/fcps	Register or sign-on to <i>My Health Manager</i> : http://my.kp.org/fcps
	How to Access Services	<ul style="list-style-type: none"> • 1-855-TELADOC • www.teladoc.com; or • <i>Teladoc™</i> app 	<ul style="list-style-type: none"> • https://carefirstvideovisit.com/; or • <i>CareFirst Video Visit</i> app 	<ul style="list-style-type: none"> • 1-800-777-7904 and press "0"; or • http://my.kp.org/fcps
		<i>Copays/coinsurance and deductibles apply.</i>		
Learn More	Plan Website	www.ih-aetna.com/fcps	www.carefirst.com/fcps	http://my.kp.org/fcps
	Member Services	1-888-236-6249	1-800-296-0724	301-468-6000