



Care when you need it.
\$11/month



Talk to a doctor, therapist, or medical expert anywhere you are by phone or video.

\$11.00 Per Employee

- Coverage includes dependents
- No group health required
- Available to all employees



Talk to a doctor 24/7 \$0 Copay

Speak to a doctor by phone or video from anywhere. Doctors can diagnose and offer treatment including prescriptions if necessary.



Mental health support 7 days a week \$0 Copay

Choose a therapist or psychiatrist to get a personalized treatment plan including FDA-approved medication and evidence-based therapy.



Dermatology \$0 Copay

A board-certified dermatologist will diagnosis your condition and provided a treatment plan including appropriate prescriptions.



Neck and back care \$0 Copay

A certified health coach will help you get neck and back pain relief and improved physical functioning with a home physical therapy program.



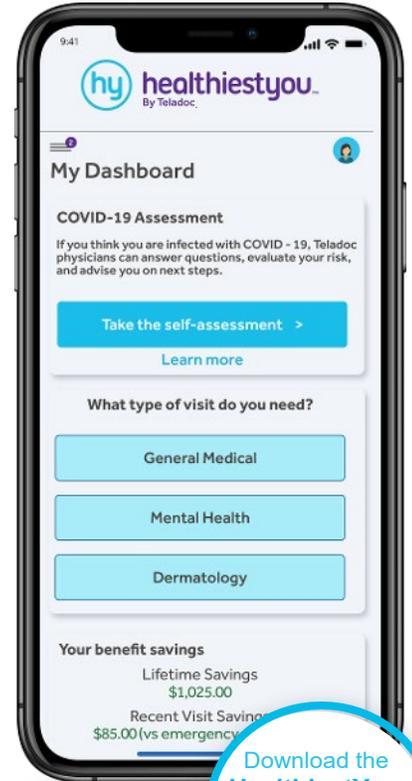
Nutrition \$0 Copay

Work with a registered dietitian coach to jointly build a nutrition plan including custom meal plans and healthy eating guides.



Specialist medical advice \$0 Copay

Have a leading specialist evaluate an existing condition or give guidance on your medical concerns (heart disease, cancer, surgery, and more).



Download the HealthiestYou app today



Comprehensive virtual health care when you need it

Virtual healthcare anytime by phone or video

With anytime access to board-certified doctors, psychiatrists, psychologists, therapists and medical experts care is always available.

Contact our team for more info

Keaton Anderson -
612-298-2440 or

kanderson@teladochealth.com

COST-SAVING TELEHEALTH FOR EMPLOYERS, THEIR EMPLOYEES, AND FAMILIES

As employers continue to navigate rising healthcare costs, many are searching for solutions that support their teams without adding financial strain. HealthiestYou by Teladoc, available exclusively to NRLA members, offers an affordable, easy-to-use option that delivers meaningful value to both employers and employees.

For only \$11 per employee per month, companies can provide staff and their families with unlimited access to a full suite of telehealth services—each at a \$0 co-pay. Unlike traditional insurance-based telehealth programs, which often charge fees on a per-visit basis, HealthiestYou removes cost barriers entirely. Many insurer-run telehealth services can cost individuals \$60–\$80+ per visit. HealthiestYou eliminates those expenses, making it easier for employees to seek timely care without worrying about out-of-pocket costs.



“HealthiestYou is a game changer. The day after Christmas last year, I came down with an awful stomach bug. I used the app, received a call from a doctor within minutes, and had a prescription ready at my pharmacy shortly after. I’ve used HealthiestYou three times in 2025, and it saved me hours in waiting rooms and nearly \$900 in doctor’s fees and co-pays.”

Melissa Stankovich, NRLA staff

The program includes 24/7 access to doctors by phone or video, mental health support with licensed therapists and psychiatrists, dermatology consultations, specialist medical guidance, nutrition counseling, and neck and back care coaching. For businesses with high-deductible health plans—or employers contributing toward those deductibles—the savings can be substantial for both parties.



“Following a family member’s passing, I turned to HealthiestYou for grief and bereavement therapy. Weekly sessions helped me face my grief and take intentional steps toward healing.”

Kimberlee Freer, NRLA staff

Staff members who rely on the service say the combination of speed, convenience, and cost savings makes a noticeable difference in their day-to-day lives.



“I used the HealthiestYou app when I suspected I had conjunctivitis. After submitting a photo, they contacted me almost immediately. A doctor reviewed my symptoms, confirmed the diagnosis, and quickly called in a prescription to my local pharmacy. The entire process was fast, convenient, and incredibly reassuring. HealthiestYou made getting care so simple when I needed it most.”

Pam McHale, NRLA staff

Mental health support, which is often one of the most expensive and time-consuming services to access through employer insurance, is available without any co-pay. Employees can select a therapist or psychiatrist, receive personalized treatment plans, and access evidence-based therapy sessions as needed. Dermatology services operate the same way, offering fast, digital review by board-certified specialists.



“The NRLA embraced the Healthiest You program to support employees and their families. Independent of insurance, it saves both employees and employers money while limiting downtime from work. Calls to doctors are completely free, offering convenient, timely care. It is one of our most valued employee benefits.”

Rita Ferris, NRLA president

For employers, administration is simple. Enrollment is straightforward, usage is unlimited, and many businesses see fewer high-cost claims because employees can resolve common health needs early—without triggering expensive visits.

For more information or to get started, contact Keaton Anderson at 612-298-2440 or at kanderson@teladochealth.com.

**NRLA'S MEMBER-ONLY
COMPREHENSIVE
TELEHEALTH PROGRAM**

**KEEP YOUR
TEAM
HEALTHY**

ENROLL TODAY!

\$11/MONTH PER EMPLOYEE – A 40% SAVINGS
NO COPAYS OR DEDUCTIBLES, NO DRIVING OR WAITING ROOMS

Here what NRLA's staff had to say about their experience using this program:

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–Melissa Stankovich

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–Rita Ferris, NRLA President

Includes medical • mental health • dermatology • neck/backcare • nutrition • expert advice

Contact Keaton Anderson at 612-298-2440 or at kanderson@teladochealth.com.

NRLA's whole person virtual health benefit
is powered by:



800-292-6752
nrla.org

