



3 steps to use your services



1 Review your member packet



First! You'll need your freshbenies Member ID and Group ID from your Member Packet. If you don't have it, just call freshbenies Member Services at 1-855-647-6762.

2 Access your services — three easy ways

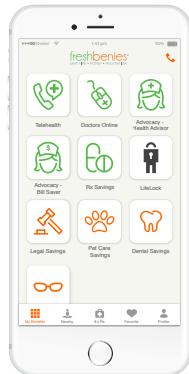
Card

Your membership card has contact numbers for all your services, plus our freshbenies Member Services number for questions.



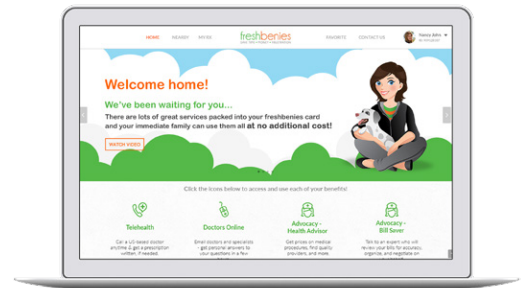
App

Download the freshbenies app and register using your Member ID and Group ID.



Portal

Visit freshbenies.com, and click Login. Then click Register Now and enter your Member ID and Group ID.



3 Call or click to activate

Call Teladoc at 1-855-847-3627 or click the Telehealth icon in the app or member portal to activate your Teladoc account and complete your medical history.

Now you're ready! Just click or call when you need us.