

TALK WITH A DOCTOR.
ANYTIME. ANYWHERE.



EBC
EMPLOYEE BENEFITS CONSULTING
A THRELKELD PARTNER

TELEMEDICINE IS FREE FOR **Bell Concrete / Lamar Companies** TEAM MEMBERS. NO COST!

Bell Concrete and Lamar Companies has partnered with TelaConsult on SPRUCE for telemedicine service that provides convenience and peace of mind.

Our doctors help you with non-emergency health issues.
Examples are:



ALLERGIES
MEDICATION REFILLS
STOMACH TROUBLE
COLD & FLU
EAR/NOSE/THROAT
RESPIRATORY
HEADACHE
UTI
PINK-EYE
INSECT BITES
RASHES/SKIN ISSUES



Prescriptions are
written if needed.

Use this **QR code** to get
the SPRUCE app



so that TelaConsult doctors can
help you anytime, anywhere for FREE!

or go to
<https://spruce.care/telaconsult>
and click



Connect with TelaConsult

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WELCOME TO **TELACONSULT** ON SPRUCE

1



spruce

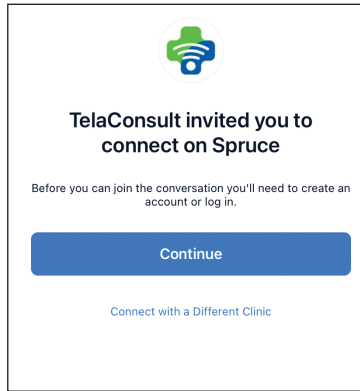
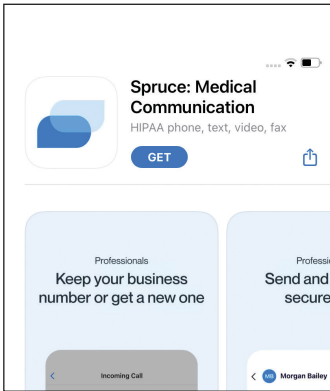


SPRUCE app QR code

Use this QR code to get the SPRUCE app, or go to <https://spruce.care/telaconsult> and click

Connect with TelaConsult

To remind you, we may send you a text message invitation for the SPRUCE app



2

Follow the on-screen instructions to set up your TelaConsult account in the SPRUCE app

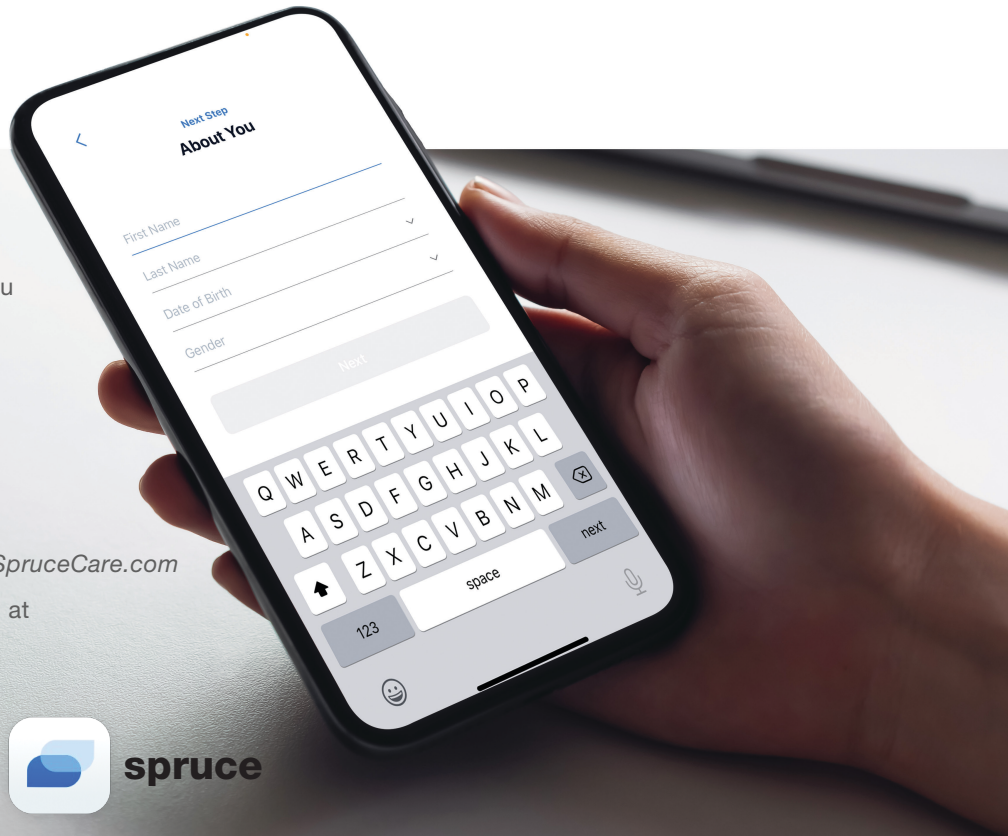
3

The first time you connect please verify basic information and create a password.

Now use the SPRUCE app anytime you need to visit a doctor!

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If you have problems, call or email (903) 546-8513 | info@TelaConsult.SpruceCare.com or contact your benefits administrator at paige.mendez@ebctx.com



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