



## RediMD gives you the option to have a regular doctor's visit online.

- *Any time you need to see or speak with a doctor*
- *We are "Always Open"*

RediMD provides primary medical care online via webcam, smart phone, or by telephone. You can see and speak with a physician or other medical professional who can diagnose, recommend treatment and prescribe medications if needed.

RediMD service is available for you to use

- At work at our clinic workstation during working hours
- At your home during days, nights, and weekends for you and your family

### REDIMD TREATS MOST PRIMARY CARE AILMENTS INCLUDING, BUT NOT LIMITED TO:

*Cold*

*Allergies*

*Diabetes*

*Cough*

*Skin Issues*

*Sinus Infection*

*Flu*

*Blood Pressure*

*Stress Problems*

*Sore Throat*

*Headaches*

*Stomach Problems*

- RediMD is available for your dependents to use at home. Each dependent must register separately. Please contact RediMD if your dependent is not covered under your insurance policy to obtain a "code."
- A computer with internet connection and web camera, or a smart phone with internet connection and a skype account (free download from apps store) is required for all face-to-face visits.
- If you forget your password. RediMD uses the highest encryption possible. We will not send out passwords to unsecured emails for your protection. Please call the RediMD number below to have it reset.

For help, call RediMD at 866-989-CURE, option 3



RediMD visits available from work or home  
8:00 am – 6:00 pm CT Mon-SAT  
24/7 by phone call 281-633-0148.

## TO USE REDIMD AS A **FIRST-TIME** USER

1

### REGISTER.\*

- Click "register"
- Select "register " or "First Time User"
- Enter code listed bottom of page and click "next"
- Follow registration directions, enter your e-mail and create a password
- Complete profiles and registration directions.

2

### SCHEDULE.

- Make appointment
- Select provider, date, and time

3

### CONSULT.

- Take vitals. Or put 1 in each box if vitals are not taken.
- Consult with your provider (see options below)

\*Registration is a one-time process and can be done without having to schedule an appointment.

## TO USE REDIMD AS A **RETURN** USER

1

### LOG IN.

- From any internet connected computer or smart phone .
- Log in at [www.redimd.com](http://www.redimd.com)
  - Enter your e-mail and password

2

### SCHEDULE.

- Make appointment
- Select provider, date, and time

3

### CONSULT.

- Take vitals or put 1 in each box if vitals are not taken.
- Consult with your provider (see options below)

## CONSULT WITH YOUR REDIMD PROVIDER

### AT YOUR WORKPLACE or HOME Computer: To see a provider for your online consult

- Go to the RediMD clinic at your workplace or home computer for the online consult 10 minutes before your appointment time
- Have your photo ID available
- Go to [www.redimd.com](http://www.redimd.com), log in to your account and go to your appointment (You can follow the hardcopy instructions located by the computer.)
- Take your blood pressure, pulse and temperature and enter your vital readings as prompted, and follow the directions, or put 1 in each box if vitals are not taken.
- The provider will appear at the appointment time to consult with you about the medical information you provided and give you a diagnosis and recommend treatment.

### On a smart phone: To see the provider for your online consult

- Go to your smart phone app store and download skype (free). Set up an account.
- 10 minutes before your appointment time, go to [www.redimd.com](http://www.redimd.com), log in to your account and go to your appointment
- Have your photo ID available.
- Put 1 in each box if the vitals: blood pressure, pulse, etc are not taken and follow the directions.
- Press the skype button and the provider will appear at the appointment time to consult with you about the medical information you provided and give you a diagnosis and recommend treatment.

### BY PHONE: To speak with provider (Note: you must be an established patient with RediMD to consult by phone.)

- After hours when the clinic is closed or when a computer or smart phone is not available.
- Call our after hours line **281-633-0148**.

For help, call RediMD at 866-989-CURE, option 3



Code to register = **sanfelipe** (regular plan)  
or

Code to register = **sanfelipehdp** (high deductible plan)