



Set up your Teladoc Health account

in 4 easy steps



Download the app to talk to a doctor anytime, anywhere* by phone or video.

- Download the app
 Search for "Teladoc Health" in the App Store
 or on Google Play.
- Set up your account
 Once you've downloaded the app, select
 "Set up your account."
- Enter basic contact information

 Provide some information about yourself to confirm your eligibility. We'll confirm we found your benefits and you'll continue creating your account.
- Create your account
 Enter your address and phone number, create a username and password, pick security questions, and agree to terms and conditions.

*Teladoc Health is not available internationally.

Download the app to talk to a doctor for \$54 or less

Visit Teladoc.com

Call 1-800-TELADOC (800-835-2362) | Download the app **6** | **♠**

Refer to your employee booklet at umr.com for Teladoc benefits

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