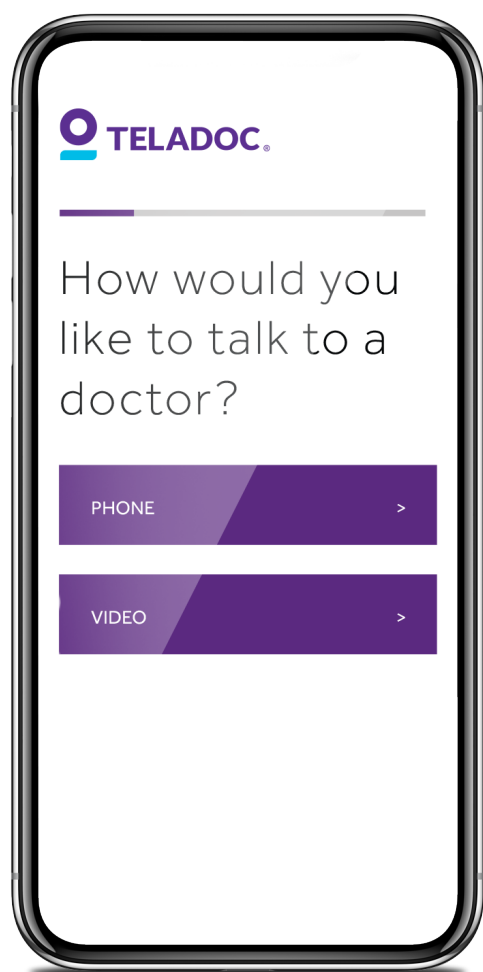


# Set up your Teladoc Health account in 4 easy steps



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

**1**

**Download the app**

Search for "Teladoc Health" in the App Store or on Google Play.

**2**

**Set up your account**

Once you've downloaded the app, select "Set up your account."

**3**

**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.

**4**


**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](https://www.teladoc.com)

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

Refer to your employee booklet at [umr.com](https://umr.com) for Teladoc benefits