

## Set up your Teladoc 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" 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.

## Download the app to talk to a doctor for \$49 or less

Visit Teladoc.com

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

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<sup>\*</sup>Teladoc is not available internationally.