



# Get started with Teladoc Health

It's quick and easy to set up your account online. Simply visit the Teladoc Health website, click "Get started" or "Sign up," and then follow the instructions below.

**Tell us about you**  
Enter your information just as it appears on your health insurance card or pay stub.

\* Required

First Name\*

Last Name\*

Email\*

Country\*

ZIP code\*

Sex assigned at birth\*

Month of birth\* Day\* Year\*  
mm dd yyyy

I received a Teladoc code from my employer or insurance company

Next

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## 1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

Confirm Coverage Create Account Get Care

## Let's get your health insurance info

Select your health insurance provider below. Teladoc is covered by most major insurers.

\* Required

Insurance company\*

Q UMR

Member ID\*

No insurance coverage? [You can also pay per visit.](#)

Next

## 2. Select benefit provider

Pick UMR from the drop down and enter your Member ID.

The screenshot shows a mobile app interface for creating a Teladoc Health account. At the top, there's a navigation bar with 'Teladoc HEALTH' and 'ENG'. Below it, a progress bar shows 'Confirm Coverage', 'Create Account', and 'Get Care', with 'Create Account' being the active step. The main heading is 'Finish creating your account'. The form is divided into several sections: 'Create your username and password\*' with fields for Username, Password, and Confirm password; 'Enter your information\*' with fields for Address, Address line 2 (Optional), City, Country, State, and ZIP code; 'Secure your account\*' with three security questions, each with a dropdown for the question and a text field for the answer; 'Visit preferences\*' with a Country dropdown, Preferred Phone Number, Preferred language for visits, a checkbox for TTY relay service, and a dropdown for how the user learned about Teladoc. At the bottom, there's a 'Create account' button and a footer with copyright information and links to Terms of Service, Notice of Privacy Practices, and Notice of Non-Discrimination and Language Assistance.

### 3. Create account

Enter your contact information, username, password and security questions.

Once your account is created, eligible dependents under 18 years of age can be added in your account settings under the primary member. Dependents older than 18 should follow the steps above to create their own account.

**Set up your Teladoc Health account today**

Visit [TeladocHealth.com](https://TeladocHealth.com)

Call 1-800-835-2362 | Download the app  