



**Teladoc**.

HEALTH

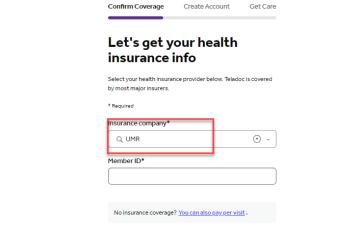
## Get started with Teladoc Health

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.

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	K Back Confirm Coverage Create Account Get Care	
	Contrm Coverage Create Account Get Care	
	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*	
	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.



#### 2. Select benefit provider

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

# Teladoc.

< Back	
Confirm Coverage Create Account Get Care	
Finish creating your	
account	
* Required	
Create your username and password*	
Username*	
Password*	
Confirm password*	
( R	
Enter your information* Address*	
- 5547 1099	
Address line 2 (Optional)	
City*	
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State*	
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Secure your account*	
Security question 1*	
Answer 1*	
Security question 2*	
Select 🗸	
Answer 2*	
Security question 3*	
Select V	
Answer 3*	
26	
Visit preferences*	
Country	
Preferred Phone Number*	
Preferred Phone Number*	
Preferred language for visits*	
~	
TTY relay service needed (hard-of-hearing, speech impairment, or similar)	
How did you learn about Teladoc?	
<ul> <li>I accept Teladoc's Notice of Privacy Practices.</li> <li>Terms of Service and Notice of Nondiscrimination and Language Assistance.</li> </ul>	
Create account	

### 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 Call 1-800-835-2362 | Download the app ∉ ⊧ ♠