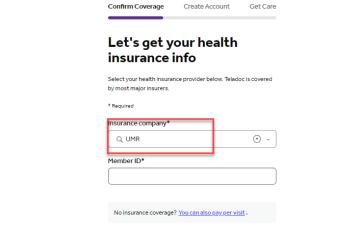# Get started with Teladoc Health

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.

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.

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