

When you need a doctor, access one anytime, anywhere



Skip the trip to the waiting room. With Teladoc Health you can talk with a U.S. board-certified provider within an hour by phone or video from wherever you are.

Know your care options:



Teladoc Health 24/7 Care

For non-emergency conditions like the flu, allergies, infections, and much more. Our providers can also prescribe medicine if necessary.



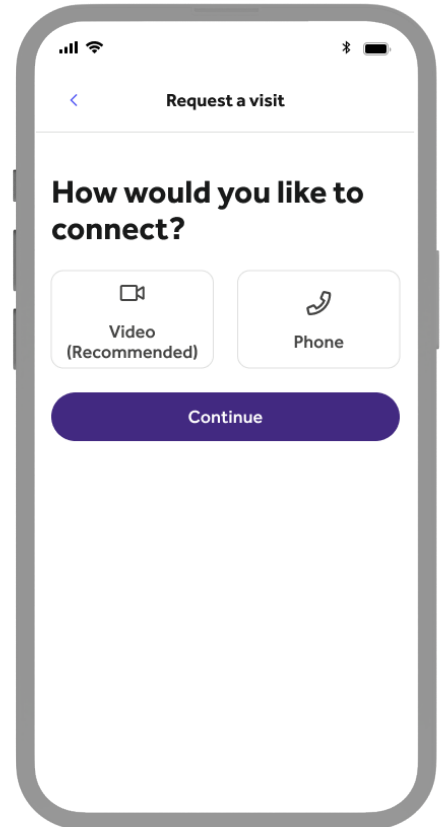
Family doctor

For annual exams and ongoing medical conditions needing regular monitoring.



Urgent care/ER

For severe conditions like chest pain, sprains, cuts, burns, or broken bones.



Feel better when you need to for \$10

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

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

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

*Teladoc Health is not available internationally.