



# 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.

### 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

Do not check the "I received a Teladoc code from my employer or insurance company".

## 2 Find your coverage

Confirm the coverage that has been matched to you. Please note your care option through your employer group will pop up here if a match is found, like the example below. Click "Next" to proceed with account set up.

### We found a match!

These care options are available with your coverage.

Company ABC

- General Medical

Is this incorrect? [Add new coverage](#) or call us at [1-800-835-2362](tel:1-800-835-2362)

Next

If your current employer is not listed, click "Add new coverage".

**3 Create account**

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

### Finish creating your account

\* Required

#### Create your username and password\*

Username\*

Password\*

Confirm password\*

#### Enter your information\*

Address\*

Address line 2 (Optional)

City\*

Country\*

State\*

ZIP code\*

### Secure your account\*

Security question 1\*

Answer 1\*

Security question 2\*

Answer 2\*

Security question 3\*

Answer 3\*

### Visit preferences\*

Country

Preferred Phone Number\*

Preferred language for visits\*

TTY relay service needed (hard-of-hearing, speech impairment, or similar)

How did you learn about Teladoc?

I accept Teladoc's [Notice of Privacy Practices](#), [Terms of Service](#) and [Notice of Nondiscrimination and Language Assistance](#).

**Create account**

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  | 

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

\*Teladoc Health is not available internationally.

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