Teladoc® HEALTH



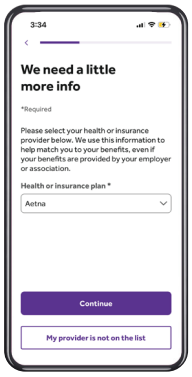
How to set up your Teladoc Health account

Simply download the Teladoc Health app and follow the four steps you see below.



1. Confirm benefits

Provide some information about yourself to confirm your eligibility.



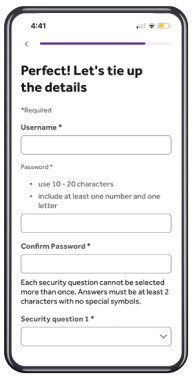
2. Select benefit provider

We'll confirm that we found your benefits so you can finish creating your account.



3. Create account

Provide your contact information.



4. Complete account

Create a username, password and pick security questions to ensure your account is secure.

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

Refer to your employee booklet at umr.com for Teladoc benefits

If your device settings for your mobile phone are set to Spanish, the Teladoc Health app will display in Spanish.

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