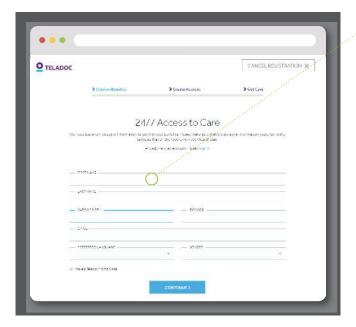




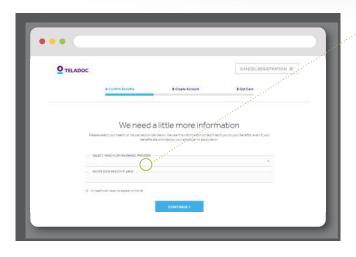
## **Get started** with Teladoc

It's quick and easy to set up your account online. Simply visit the Teladoc® website, click "Set up account," and then follow the instructions below.



### 1. Confirm benefits

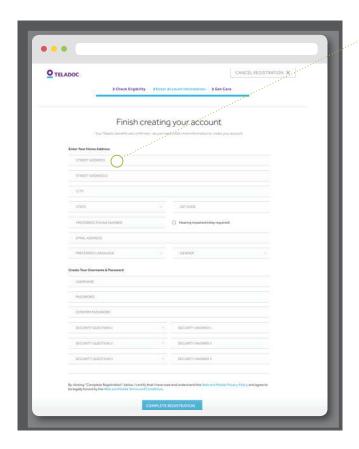
Provide some information about yourself to confirm your eligibility.



## 2. Select benefit provider

Pick your health plan from the drop-down menu and enter your health plan ID.





### 3. Create account

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

# Set up your account today to get started

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