



# How to set up your Teladoc account

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



1. Confirm benefits

## 1 Confirm benefits

Provide some information about yourself to confirm your eligibility.



2. Benefit confirmation

## 2 Benefit confirmation

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



3. Create account

## 3 Create account

Provide your contact information and preferred language.





4. Complete account

## 4 Complete account

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

## Set up your Teladoc account today

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (835-2362) | Download the app  

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