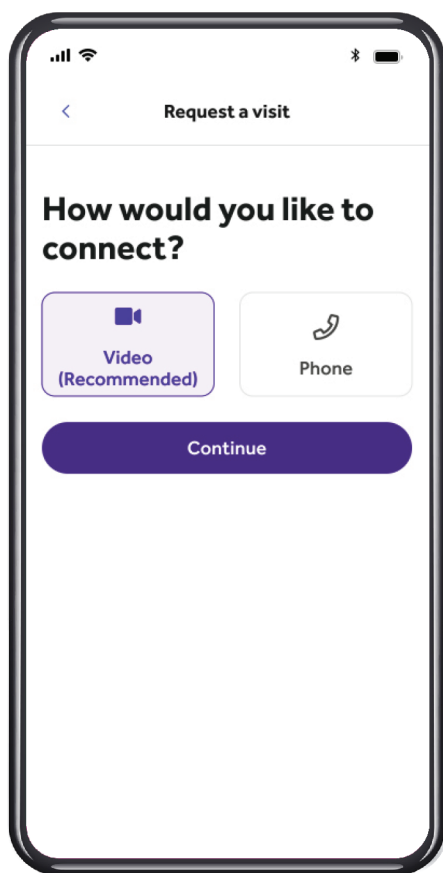Teladoc HEALTH | TQL

The right care when you need it most

Here for you anytime, anywhere, by phone or video.

Your Teladoc Health service(s):

General Medical (24/7 Care)
$54 or less/visit

Need care for non-urgent and common conditions? Get same-day virtual visits from anywhere. Teladoc Health's doctors, nurse practitioners and other healthcare providers can diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats

Mental Health
$95 or less/therapy visit
$235 or less/psychiatry first visit
$105 or less/psychiatry ongoing visit

Have real conversations and see progress with a therapist of your choice. Available 7 days a week from the privacy of your home.

- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management (psychiatry only)

Get started

Visit Teladoc.com
Call 1-800-TELADOC (800-835-2362) | Download the app |

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

Mental Health care is available for eligible members ages 18-plus. Teladoc Health is not available internationally.