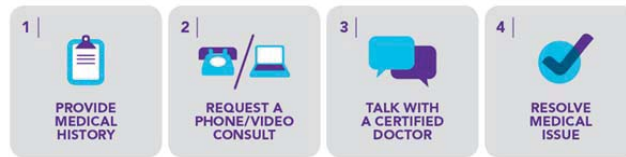




# How To Register For Teladoc

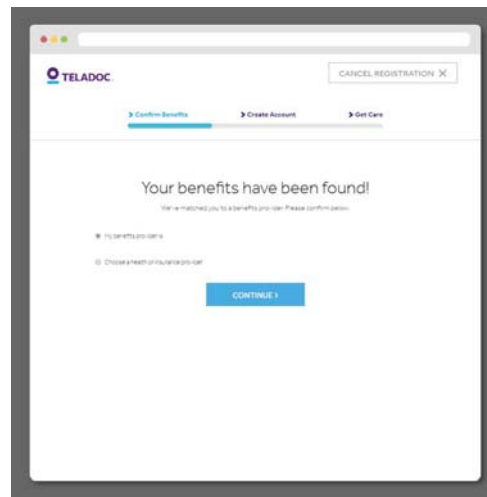
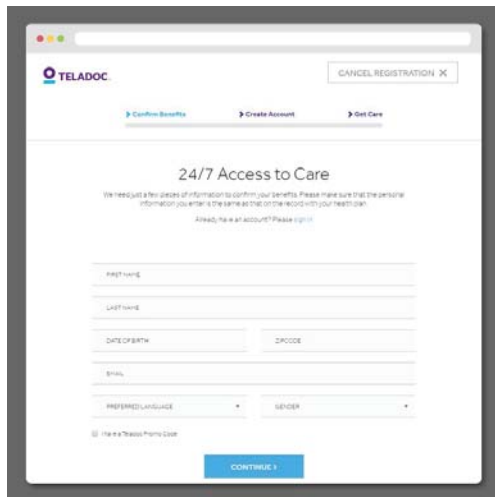
Registering for Teladoc is a quick and easy process. Once registered, you are four steps away from being well!



We suggest registering once you have access to the Teladoc service. Registration takes less than 10 minutes and saves vital time when you're not feeling well.

## To register, follow these easy steps:

1. Go to [Teladoc.com](https://Teladoc.com)
2. Select *Set Up Account* and enter all required fields (Ex: First/Last Name, DOB, Zip, etc). When you're found, simply select your benefit provider (UMR). If you're not found, click on *Look me up using my health or insurance provider*. Search and highlight UMR. Once UMR is selected from the drop down, a field will appear to enter your *Insurance Card ID* information.



If you ever need help or have questions, you can call our call center 24/7/365 at 800-Teladoc (835-2362)

3. From there, the registration page will appear. You will be prompted to enter your basic information (Ex: Contact, Address, Login). Lastly, it will ask for you to electronically accept the terms, conditions, and privacy policy

4. After accepting the terms, you will then be presented with the option to complete your medical history, go to the home page to register eligible dependents, or perform any other account functions.

**\*Helpful Hint:** If scheduling a consult, have your credit card handy (if copay applies) and make sure your medical history is completed.