

## You've got Teladoc

Talk to a doctor anytime,  
anywhere by phone or video.

**Set up your account today to talk to a U.S.-licensed physician for non-emergency medical conditions like the flu, sinus infections, bronchitis, and much more.**



### Create account

Use your phone, the app, or the website to create an account and complete your medical history



### Talk to a doctor

Request a time and a Teladoc doctor will contact you





### Feel better

The doctor will diagnose symptoms and send a prescription if necessary

## Talk to a doctor for \$20

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