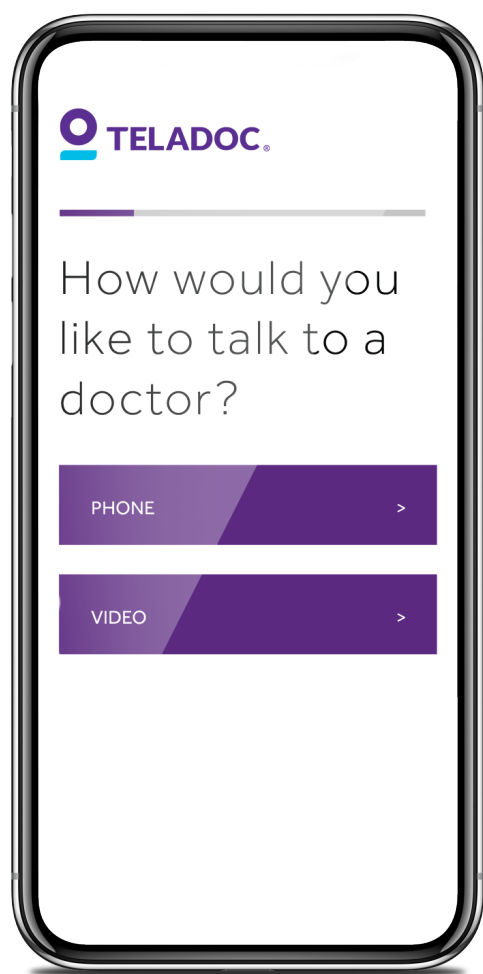


Set up your Teladoc account in 4 easy steps



**Download the app to talk to a doctor
anytime, anywhere* by phone or video.**

1

Download the app

Search for "Teladoc" in the App Store or on Google Play.

2

Set up your account

Once you've downloaded the app, select "Set up your account."

3

Enter basic contact information

Provide some information about yourself to confirm your eligibility. We'll confirm we found your benefits and you'll continue creating your account.

4

Create your account

Enter your address and phone number, create a username and password, pick security questions, and agree to terms and conditions.

*Teladoc is not available internationally.

Download the app to talk to a doctor

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

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

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