



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

Visit Teladoc.com

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