

Getting Started

It's quick and easy to set up your Teladoc account. Set up your account today so when you need care, **a doctor is just a call or click away**. Get started by following the steps below.

1

REGISTER

You can register your account by phone, web or mobile app. You will need basic information about yourself such as your name, date of birth, name of employer, and UMR ID (found on the wallet cards provided with your Teladoc welcome kit).

- Call 1-800-Teladoc (835-2362) and a member services agent will register your account over the phone
- Visit **Teladoc.com** and click "Set up account"
- Download the app and click "Activate account"



2

COMPLETE MEDICAL HISTORY

Once you register, you will need to complete your medical history which provides Teladoc doctors with the information they need to make an accurate diagnosis. Much like the paperwork you complete at a doctor's office, the medical history details past conditions, medications, allergies, as well as information about your family's medical history.

3

REGISTER MINOR DEPENDENTS (UNDER 18)

Be sure to register your eligible dependents under the age of 18. Once logged in to your account:

- Go to the "My Family" tab
- Click "Add Dependents"
- Enter required information
- Follow the instructions to register and complete minors' medical history
- Add adult consenters if you wish to designate another adult who can request a consult for your minor dependent

Adult dependents 18 and older must set up their own account (register and complete medical history).