



## Getting Started with Teladoc<sup>®</sup>

Teladoc gives you access 24 hours, seven days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away.

**1**

### Set up your account

Set up your account by phone (toll-free) web, mobile app or by texting *get started* to **1.469.844.5637**

**Online:**

Go to [Teladoc.com](https://www.teladoc.com) and click *Set up account*.

**Mobile app:**

Download the app and click *Activate account*. Visit [teladoc.com/mobile](https://www.teladoc.com/mobile) app to download the app.

**Call Teladoc:**

Teladoc can help you register your account over the phone.

**2**

### Provide medical history

Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.

**3**

### Request a consult

Once your account is set up, request a consult anytime you need care. And talk to a doctor by phone, web or mobile app. Your Teladoc consult is just \$56 if you have an HDHP, or \$0 for a non-HDHP.



### Talk to a doctor anytime!



[MyDrConsult.com](https://www.MyDrConsult.com)



**1.800.835.2362**



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