



Getting started with Teladoc[®]



Teladoc gives you access 24 hours, 7 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 **469-844-5637**

Online:

Go to Teladoc.com and click "**set up account**".

Mobile app:

Download the app and click "**Activate account**". Visit 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

 Teladoc.com

 1-800-Teladoc (835-2362)

