



Get started with Teladoc Health

Effective 1/1/24

It's quick and easy to set up your account online. Simply visit the Teladoc Health website, click "Get started" or "Sign up," and then follow the instructions below.

1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

The screenshot shows the 'Tell us about you' form on the Teladoc Health website. The form is titled 'Tell us about you' and includes the instruction: 'Enter your information just as it appears on your health insurance card or pay stub.' The form contains several required fields: First Name, Last Name, Email, Country (a dropdown menu), ZIP code, Sex assigned at birth (a dropdown menu), and Date of Birth (Month, Day, and Year). There is also a checkbox for 'I received a Teladoc code from my employer or insurance company'. A 'Next' button is located at the bottom of the form. The footer includes copyright information and links to Terms of Service, Notice of Privacy Practices, and Notice of Non-Discrimination and Language Assistance.

2. Select benefit provider

Pick your health plan from the drop-down menu and enter your health plan ID.

The screenshot shows the 'Select your health insurance' form on the Teladoc Health website. The form is titled 'Select your health insurance' and includes the instruction: 'Pick your health plan from the drop-down menu and enter your health plan ID.' The form contains a required field for 'Insurance company' with a search icon and a dropdown arrow. Below this field is a link that says 'No insurance? You can also sign up here.' A 'Next' button is located at the bottom of the form. The footer includes copyright information and links to Terms of Service, Notice of Privacy Practices, and Notice of Non-Discrimination and Language Assistance.

Finish creating your account

*Required

Create your username and password*

Username*

Password*

Confirm password*

Enter your information*

Address*

Address line 2 (Optional)

City*

Country*

State*

ZIP code*

Secure your account*

Security question 1*

Answer 1*

Security question 2*

Answer 2*

Security question 3*

Answer 3*

Visit preferences*

Country

Preferred Phone Number*

Preferred language for visits*

TTY relay service needed (hard-of-hearing, speech impairment, or similar)

How did you learn about Teladoc?

I accept Teladoc's [Notice of Privacy Practices](#), [Terms of Service](#) and [Notice of Nondiscrimination and Language Assistance](#).

Create account

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3. Create account

Enter your contact information, username, password and security questions.

Once your account is created, eligible dependents under 18 years of age can be added in your account settings under the primary member. Dependents older than 18 should follow the steps above to create their own account.

Set up your Teladoc Health account today

Visit TeladocHealth.com

Call 800-835-2362 | Download the app  | 

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