

Your anytime, anywhere healthcare benefit

Start using your
Teladoc Health
benefits.



24/7 Care

Need care for non-urgent and common conditions? Get same-day appointments with a certified provider from wherever you are. Teladoc Health providers diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats
- And more

free/visit

Mental Health

Find support that works best for you. You can connect with a therapist 7 days a week and get a personalized plan and online content designed for you.

- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management

Set up your account or log in to schedule a visit

Visit TeladocHealth.com
Call 1-800-835-2362



Get started with Teladoc Health

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.

Tell us about you

Enter your information just as it appears on your health insurance card or pay stub.

* Required

First Name*

Last Name*

Email*

Country*

ZIP code*

Sex assigned at birth*

Month of birth* Day* Year*

MM DD YYYY

☐ I received a Teladoc code from my employer or insurance company

Next

Do not check the "I received a Teladoc code from my employer or insurance company".

2 Find your coverage

Confirm the coverage that has been matched to you. Please note your care option through your employer group will pop up here if a match is found, like the example below. Click "Next" to proceed with account set up.

We found a match!

These care options are available with your coverage.

Company ABC

- General Medical

Is this incorrect? [Add new coverage](#) or call us at [1-800-835-2362](tel:1-800-835-2362)

Next

If your current employer is not listed, click "Add new coverage".

3 Create account

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

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

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 1-800-835-2362 | Download the app  

*Teladoc Health is not available internationally.

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How to set up your Teladoc Health account

Simply download the Teladoc Health app and follow the four steps you see below.

1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

2. Select benefit provider

Confirm the coverage that has been matched to you. Please note your care option through your employer group will pop up here if a match is found. Click "Continue" to proceed with account set up.

3. Create account

Provide your contact information.

4. Complete account

Create a username, password and pick security questions to ensure your account is secure.

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.

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Call 1-800-835-2362 | Download the app