



# 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.



## **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/IH and click "set up account".

#### Mobile app:

Download the app and click "Activate account". Visit teladoc.com/mobile to download the app.

#### **Call Teladoc:**

Teladoc can help you register your account over the phone.



### **PROVIDE MEDICAL** HISTORY

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



# **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.

# Talk to a doctor anytime!

Teladoc.com/IH







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