

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/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.



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.

Talk to a doctor anytime!

 Teladoc.com/IH

 **1-800-Teladoc (835-2362)**

