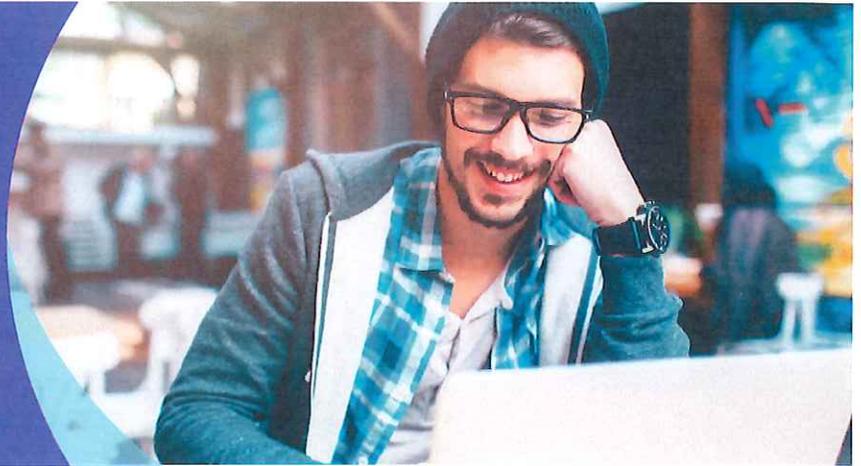


# Getting started with Teladoc<sup>®</sup>



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**

**Online:**

Go to [Teladoc.com](http://Teladoc.com) and click "set up account".

**Mobile app:**

Download the app and click "Activate account". Visit [teladoc.com/mobile](http://teladoc.com/mobile) to download the app.

**Call Teladoc:**

Teladoc can help you register your account over the phone.

**SET UP YOUR ACCOUNT**

Set up your account by phone (toll-free) web, mobile app or by texting "**Get Started**" to **469-844-5637**.



**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 for **\$20!**