



Teladoc provides you and your family access to quality, affordable healthcare from your phone, computer, or mobile device 24 hours a day, 7 days a week. You can connect with U.S. board-certified, state-licensed physicians who can answer your questions, diagnose common conditions, and prescribe medications if needed. And there are no co-pays or deductibles!

**Simply follow these steps to activate your new benefit in 5 minutes:**

Teladoc – 24/7 phone or video access to a medical doctor in your state in minutes!

1. Visit [member.teladoc.com/registrations](https://member.teladoc.com/registrations)
  - a. You can also call (800) 835-2362 if you prefer to register by phone
2. Be prepared to provide the following information and click 'Continue':
  - a. First Name
  - b. Last Name
  - c. Date of birth
  - d. Zip Code
  - e. Email Address
  - f. Preferred Language
  - g. Gender
3. If your benefits are found, select the option that includes the name of your group as your benefits provider and click "Continue".
  - a. **Note:** If your benefits are not found, please call (800) 835-2362 to talk to a client support representative who will help find your account.
4. Follow the rest of the steps to complete your registration.

Once you are finished, you can add dependents under the "My Family" tab and download the mobile app for Apple and Android devices. You can also add dependents by calling 1-800-835-2362.

**Access your benefits 24/7 online at [Teladoc.com](https://teladoc.com), through the mobile app, or by calling [\(800\) 835-2362](tel:8008352362).**

If you have any questions about these new benefits, please contact our HR team.