



# Get started with Teladoc

It's quick and easy to set up your account online. Simply visit the Teladoc® website, click "Set up account" and then follow the instructions below.

STEP 1:

## The basics

Provide a little information about yourself to confirm your eligibility.

STEP 2:

## Do you have a username?

Select "yes" or "no". Not everyone has a username to activate their Teladoc account, so don't worry about selecting "No."

STEP 3:

## How do you have Teladoc?

Teladoc is an exclusive service that is not available to everyone. Teladoc is offered by your employer. Enter your employer name or health plan name and the number on your health plan ID card. If you're not sure you have Teladoc, call the number below for assistance over the phone.

## Talk to a doctor anytime!

 [Teladoc.com](https://www.teladoc.com)

 [Facebook.com/Teladoc](https://www.facebook.com/Teladoc)

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

 [Teladoc.com/mobile](https://www.teladoc.com/mobile)