



Get started with Teladoc

It's quick and easy to set up your account through our app. Simply download the Teladoc app and follow the four steps you see below.

Let's start by finding your benefits

First name

Last name

Date of birth

Zip code

Email address

Preferred language Gender

☒ I have a promo code

1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

Benefits found! Please confirm below

TELADOC OPEN

LOOK ME UP USING MY HEALTH OR INSURANCE PROVIDER

*If you are unsure of the options above, it may be because your access to Teladoc is provided by a 3rd party. Please speak to your HR department or call 1-800-TELADOC (835-2362) for assistance.

2. Benefit confirmation

We'll confirm that we found your benefits and you'll continue creating your account.

3. Create account

Please provide your contact information and preferred language.

4. Complete account

Create a username, password, and pick security questions to ensure your account is secure.

Download the app to get started today

1-800-TELADOC (835-2362)



Download the app



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