



## Welcome to health care made simple



Teladoc® gives you 24/7/365 access to U.S. board-certified doctors through phone or video consults. It does not replace your primary care physician but is an affordable option for quality care. **Get started today!**

### STEP 1

#### SET UP YOUR ACCOUNT

We've made it quick and easy to set up your account online. Simply visit the website and click "Set up account".

### STEP 2

#### UPDATE YOUR MEDICAL HISTORY

Make sure the "My Medical History" tab is updated so the doctor has the information needed to provide an accurate diagnosis.

### STEP 3

#### REQUEST A CONSULT

Teladoc doctors are available when you need care now. Request a consult anytime online or by phone.

With your consent, Teladoc is happy to provide information about your Teladoc consult to your primary care physician.

## Talk to a doctor anytime for Free

 [Teladoc.com](http://Teladoc.com)

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

 **1-800-Teladoc**

 [Teladoc.com/mobile](http://Teladoc.com/mobile)