

# Healthcare from the break room, living room or anywhere else

Start using your  
Teladoc Health  
benefits.



## General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get same-day appointments with a certified provider from wherever you are. Teladoc Health providers diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats
- And more

**\$15/visit**

## Mental Health

Have real conversations and see progress with a therapist of your choice. Available 7 days a week from the privacy of your own home.


- Anxiety and depression
- Sleep issues
- Relationship conflicts
- Trauma and PTSD
- Medication management

**Therapy free/visit**  
**Psychiatry free/first visit**  
**Psychiatry free/ongoing visits**

Refer to your employee booklet at [umr.com](http://umr.com) for Teladoc benefits

## Activate your benefit and schedule your visit today

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

Call 1-800-TELADOC (800-835-2362) | Download the app  | 