

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

\$54 or less/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 \$95 or less/visit
Psychiatry \$235 or less/first visit
Psychiatry \$105 or less/ongoing visits

Refer to your employee booklet at umr.com for Teladoc benefits

Activate your benefit and schedule your visit today

Visit Teladoc.com

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