



# Get started with Teladoc

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

**24/7 Access to Care**

We need just a few pieces of information to confirm your benefits. Please make sure that the personal information you enter is the same as that on the record with your health plan.

Already have an account? [Please sign in.](#)

— FIRST NAME

— LAST NAME

— DATE OF BIRTH — ZIP CODE

— EMAIL

— PREFERRED LANGUAGE — GENDER

I have a Texas Promo Code

**CONTINUE**

## 1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

**Your benefits have been found!**

We've matched you to a benefits provider. Please confirm below.

My benefits provider is

Look me up using my health or insurance provider

**CONTINUE**

If you are unsure of the options listed above, it may be because your access to Teladoc is provided by a third party. Please speak to your HR department or call 1-800-TELADOC (855-2562) for assistance.

## 2. Benefit confirmation

We'll confirm that we found your benefits. Click "CONTINUE" and finish creating your account.

### 3. Create account

Enter your contact information, username, password, and security questions.

## Set up your account today to get started

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