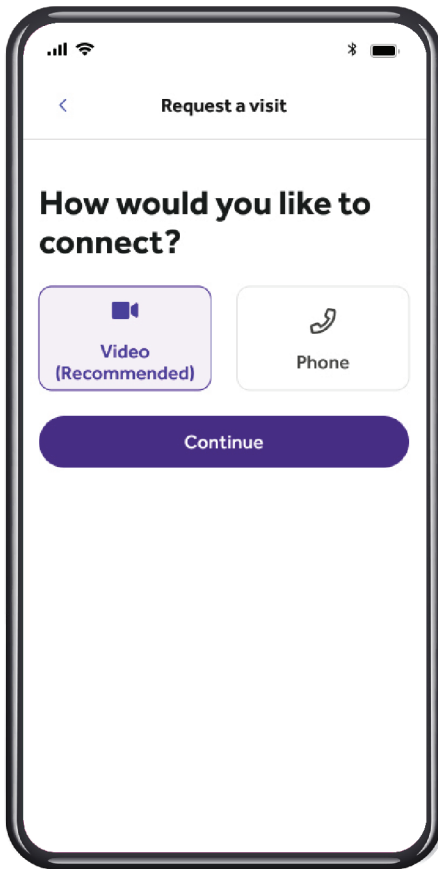


# The right care when you need it most

Here for you anytime, anywhere, by phone or video.



Your Teladoc Health service(s):



**General Medical (24/7 Care) | Free/visit**

Get same-day virtual visits for non-urgent and common conditions.



**Mental Health**

**Free/therapy visit**

**Free/psychiatry first visit**

**Free/psychiatry ongoing visit**

Talk to a therapist of your choice 7 days a week.





**Dermatology | Free/online review**

Upload images of a skin issue for a treatment plan from a dermatologist in 24 hours or less.

## Get started

Visit [Teladoc.com](https://www.teladoc.com)

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

Refer to your employee booklet at [umar.com](https://www.umar.com) for Teladoc benefits

Mental Health care is available for eligible members ages 18-plus. Phone and video visits are not required or part of the Teladoc Health Dermatology service. Teladoc Health is not available internationally.