



Get started with Teladoc

It's quick and easy to set up your account online. Simply visit the Teladoc® website, click **"Set up account,"** 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 Teladoc Promo Code](#)

CONTINUE >

1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

We need a little more information

Please select your health or insurance provider below. We use this information to help match you to your benefits, even if your benefits are provided by your employer or association.

SELECT HEALTH OR INSURANCE PROVIDER

ENTER YOUR HEALTH PLAN ID

© My health plan does not appear on this list

CONTINUE >

2. Select benefit provider

Pick your health plan from the drop-down menu and enter your health plan ID.

3. Create account

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

Set up your account today to get started

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

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