



# Get started with Teladoc

It's quick and easy to set up your account online. Simply visit **Teladoc.com/TeamCare** and fill out the purple **Set Up Your Account** box. 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 —

If health plan does not appear on this list

**CONTINUE**

## 2. Select benefit provider

Select **TeamCare** as your benefits provider from the drop-down menu and enter your Member ID Number.

Your ID Number can be found on your TeamCare Benefits ID Card or on your Medical ID Card, as the numbers after TEA.

*If you do not see TeamCare as a benefit option during registration, please contact TeamCare at (800) 832-6227.*

TELADOC CANCEL REGISTRATION X

Check Eligibility Enter Account Information Get Care

### Finish creating your account

Your Teladoc benefits are confirmed – we just need a little more information to create your account.

**Enter Your Home Address**

STREET ADDRESS

STREET ADDRESS 2

CITY

STATE ZIP CODE

PREFERRED PHONE NUMBER  Hearing impaired (relay required)

EMAIL ADDRESS

PREFERRED LANGUAGE GENDER

**Create Your Username & Password**

USERNAME

PASSWORD

CONFIRM PASSWORD

SECURITY QUESTION 1 SECURITY ANSWER 1

SECURITY QUESTION 2 SECURITY ANSWER 2

SECURITY QUESTION 3 SECURITY ANSWER 3

By clicking "Complete Registration" below, I certify that I have read and understand the [Web and Mobile Privacy Policy](#) and agree to be legally bound by the [Web and Mobile Terms and Conditions](#).

COMPLETE REGISTRATION

### 3. Create account

Enter your contact information, username, password, and security questions. Click **Complete Registration**, and you're all set!

## Set up your account today to get started

Visit [Teladoc.com/TeamCare](https://Teladoc.com/TeamCare) | Download the app

