

Your anytime, anywhere healthcare benefit

Access your healthcare by
phone, video or app.



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

free/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 free/visit
Psychiatry free/first visit
Psychiatry free/ongoing visits

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

Set up your account or log in to schedule a visit

Visit TeladocHealth.com
Call 1-800-835-2362