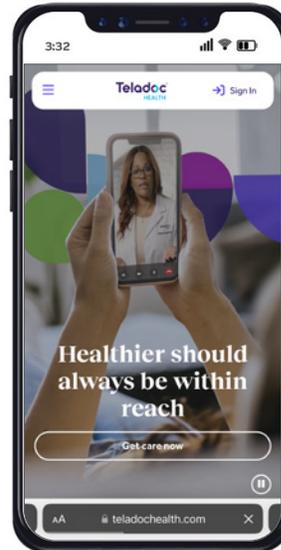


How to set up your Teladoc Health (Teladoc) account

Registration

Step 1: Go to teladoc.com, and click *Register now* in the top right-hand corner.

A smartphone screen showing the registration form titled "Let's start by finding your benefits". The form includes fields for First Name*, Last Name*, Date of birth* (MM/DD/YYYY), Country* (United States of America), Zip code*, and Email address*. A "Required" label is present at the top of the form.

Step 2: Once you enter your demographic information, you may reach the *We found a match* screen. Please ensure that the coverage being populated matches your plan name.

If *We found a match* does not appear, you will see the *Select your health insurance* screen. Select the Insurance company "Independence Administrators," enter your member ID number, and select *Next*.

Note: You may be asked for your member ID when making updates to your account or making an appointment.

Note: Do not check the health code box.

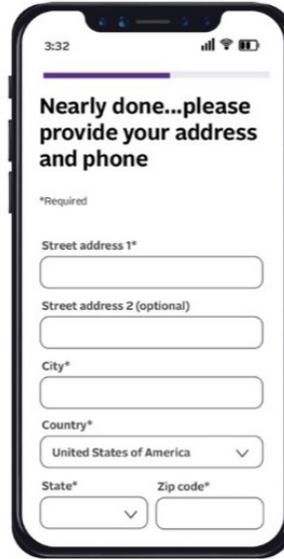
Do not check the box indicating you received a Teladoc health code that appears below date of birth. **YOU DO NOT NEED A TELADOC HEALTH CODE TO REGISTER.**

A smartphone screen showing the registration form titled "We found a match!". The form includes a "Plan Name" field, a "Next" button, and a note: "Is this incorrect? Add new coverage or call us at 1-800-835-2362".A smartphone screen showing the registration form titled "We need a little more info". The form includes a "Health or insurance plan*" dropdown menu, a "Continue" button, and a "My provider is not on the list" button. A "Required" label is present at the top of the form.

Step 3: You will be asked to enter/confirm that your address is correct, create a username and password, answer security questions, enter your phone number, and select your preferred language for visits. After completing these fields, click *Next*.

Once you register, you can log in to your Teladoc account and request a consultation. You can choose the type of provider you want to see, the time and date of your appointment, and the method of communication. You can also upload any relevant medical records or images.

You will receive a confirmation email and a reminder before your appointment. You can also cancel or reschedule your appointment if needed.



3:32

Nearly done...please provide your address and phone

*Required

Street address 1*

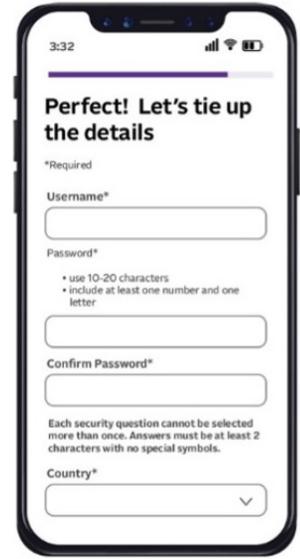
Street address 2 (optional)

City*

Country*

United States of America

State* Zip code*



3:32

Perfect! Let's tie up the details

*Required

Username*

Password*

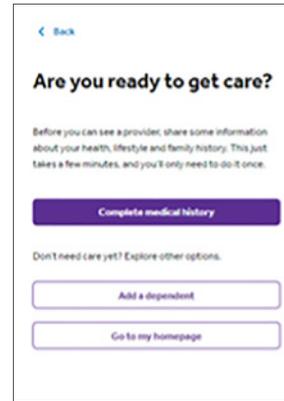
- use 10-20 characters
- include at least one number and one letter

Confirm Password*

Each security question cannot be selected more than once. Answers must be at least 2 characters with no special symbols.

Country*

Step 4: Complete your medical history if you are seeking to do a Teladoc visit. Some questions may be specific to your gender and age. If you do not need care at this time, there are links to *Add a dependent* or *Go to my homepage*.



< Back

Are you ready to get care?

Before you can see a provider, share some information about your health, lifestyle and family history. This just takes a few minutes, and you'll only need to do it once.

Complete medical history

Don't need care yet? Explore other options.

Add a dependent

Go to my homepage