







Skip the trip to the ER. Talk to a doctor by phone or video.

When it's not an emergency, you've got Teladoc Health. Our doctors are here for you 24/7, by phone or video.



Avoid the long wait times of an urgent care or the ER



Our licensed physicians help with conditions like the flu, bronchitis, rashes, sinus infections, and more



Talk to a doctor from wherever you are

Feel better without leaving the house

Visit Teladoc.com

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

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