



# Getting started with Teladoc®



Teladoc gives you access 24 hours, 7 days a week to a U.S. board-certified doctor through the convenience of phone, video or mobile app visits. Set up your account today so when you need care now, a Teladoc doctor is just a call or click away



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#### Online:

Go to [Teladoc.com](http://Teladoc.com) and click "set up account".

#### Mobile app:

Download the app and click "Activate account". Visit [teladoc.com/mobile](http://teladoc.com/mobile) app to download the app.

#### Call Teladoc:

Teladoc can help you register your account over the phone.

## SET UP YOUR ACCOUNT

Set up your account by phone (toll-free) web, mobile app or by texting "Get Started" to **469-844-5637**



**Egyptian Trust Members:** See special step-by-step registration instructions on Trust website to ensure your account with Teladoc is set-up accurately.



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## PROVIDE MEDICAL HISTORY

Your medical history provides Teladoc doctors with the information they need to make an accurate diagnosis.



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## REQUEST A CONSULT

Once your account is set up, request a consult anytime you need care. And talk to a doctor by phone, web or mobile app

Talk to a doctor anytime for **free!**



[MyDrConsult.com](http://MyDrConsult.com)



1-800-DOC-CONSULT (362-2667)

