



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

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

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