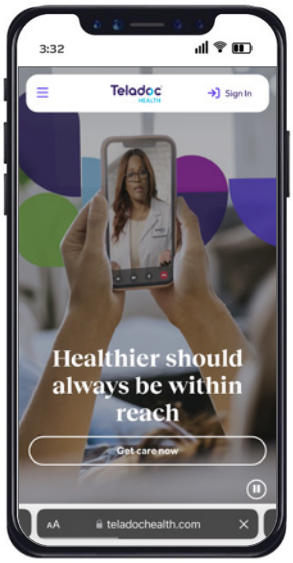
How to set up your Teladoc Health (Teladoc) account

Registration

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

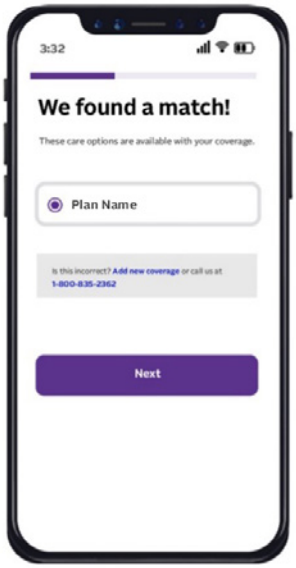


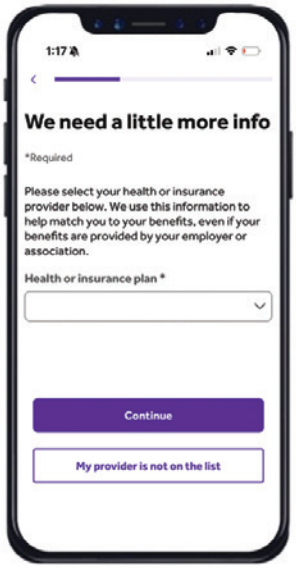
Step 2: Once you enter your demographic information, you may reach the *We found a match* screen. Please ensure that the coverage being populated matches your plan name.

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.





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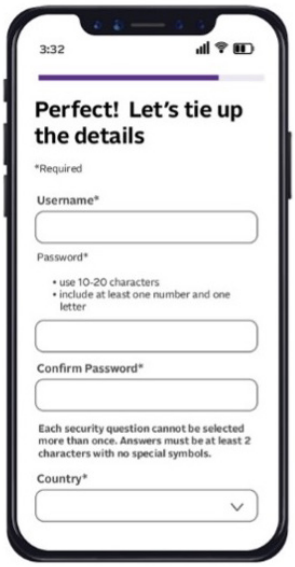
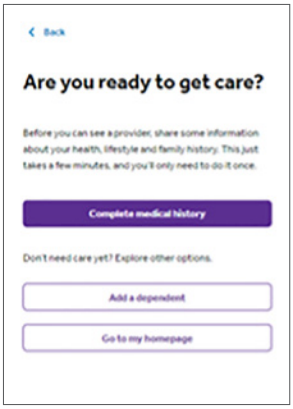
Step 3: You will be asked to enter/confirm that your address is correct, create a username and password, answer security questions, enter your phone number, and select your preferred language for visits. After completing these fields, click *Next*.

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.



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*.



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