

# Your anytime, anywhere healthcare benefit

Access your healthcare by phone, video or app.



#### General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get sameday appointments with a certified clinician from wherever you are. Our clinicians diagnose, treat and even prescribe medicine if needed.

Rashes

· Sinus infections

· Sore throats

And more

- Allergies
- Bronchitis
- Flu
- COVID-19
- · Pink eye

### Dermatology

Dealing with a skin issue? Start an online skin review with a dermatologist by uploading images and details of your concern. Get a treatment plan and prescription if needed in 24 hours or less.

- Acne
- Eczema
- Psoriasis
- Skin infections
- · Rashes
- Rosacea

### Mental Health

Have real conversations and see progress with a therapist or psychiatrist of your choice. Available 7 days a week from the privacy of your own home.

- · Anxiety and depression
- Sleep issues
- Relationship conflicts
- · Trauma and PTSD
- · Medication management

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

## Activate your benefit and schedule your visit today

Visit Teladoc.com | Call 1-800-TELADOC (800-835-2362) | Download the app **▲** | ♣

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