

Your anytime, anywhere healthcare benefit

Start using your
Teladoc Health
benefits.



General Medical (24/7 Care)

Need care for non-urgent and common conditions? Get a same-day appointment with a certified provider from wherever you are.

Mental Health

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

Dermatology

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.

Nutrition

Work with a registered dietitian to get personalized help with meal planning, healthy eating tips or even managing a condition like diabetes or high blood pressure.


Digital Physical Therapy

Build strength, reduce pain and improve flexibility from home with the help of certified coaches and instructional videos.

Tobacco Cessation

Start a program to help quit tobacco for good. Get the help you need with medications (if necessary) and ongoing virtual support from registered nurses.

Schedule a visit today and get peace of mind

Visit [Teladoc.com](https://www.teladoc.com) | Call 1-800-TELADOC (800-835-2362) | Download the app  | 