



Your care. Your way.  
**Access your Teladoc  
Health benefits anytime**  
Effective 1/1/2024

### General Medical

Talk to a board-certified doctor or pediatrician 24/7 for non-emergency conditions.

Prescription refills • sinus infections • allergies • stomach bug • COVID-19 advice • and more

### Mental Health

Talk to a therapist or psychiatrist of your choice 7 days a week from anywhere.

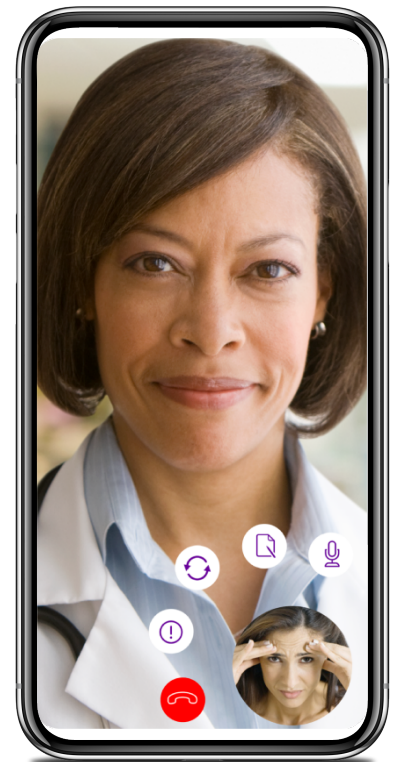
Stress and anxiety • depression • trauma • grief • burnout • medication management

### Dermatology

Upload images and details of your skin issue in the Teladoc Health app. A dermatologist will review them and provide a treatment plan within 24 hours.

Follow up via in-app messaging for 7 days after your results.

Eczema • psoriasis • poison ivy • rashes • rosacea • and more



**Benefit will become available to access on 1/1/2024**

Visit [Teladoc.com](https://www.teladoc.com)

Call 1-800-TELADOC (800-835-2362) | Download the app  | 

Refer to your employee booklet at [umar.com](https://www.umar.com) for Teladoc benefits