Teladoc HEALTH | **McCOWNGORDON** CONSTRUCTION

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 same-day appointments with a certified provider from wherever you are. Teladoc Health providers diagnose, treat and even prescribe medicine if needed.

- Allergies
- Bronchitis
- Flu
- COVID-19
- Pink eye
- Rashes
- Sinus infections
- Sore throats
- And more

$54 or less/visit

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.

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

Therapy $95 or less/visit
Psychiatry $235 or less/first visit
Psychiatry $105 or less/ongoing visits

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

Set up your account or log in to schedule a visit

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