Teladoc HEALTH | The PRINCIPIA

Your anytime, anywhere healthcare benefit

Access your healthcare by phone, video or app.



$10 copay per visit

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

$10 copay per visit

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

$10 copay per visit

Coming soon **1/1/2027**

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

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

Activate your benefit and schedule your visit today

Visit TeladocHealth.com/get-care
Call 1-800-835-2362

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