



# Skip the trip to the ER

Get care now by phone or video.



**When it's not an emergency, you've got Teladoc Health.  
Teladoc Health providers are here for you 24/7, by phone or video.**



Avoid the long wait times of an  
urgent care or the ER



Licensed providers help with  
conditions like the flu, bronchitis,  
rashes, sinus infections, and more



Get care from wherever you  
are for free

## Feel better without leaving the house for free

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

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