

You've got Teladoc Health



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Tempo, Inc.

Access to quality care when you need it most



24/7 Care | **free/visit**

Talk to a licensed healthcare provider for non-urgent conditions 24/7.
Flu • Sinus infections • Sore throats • And more



Mental Health

Talk to the therapist who's right for you by phone or video.

free/therapist visit

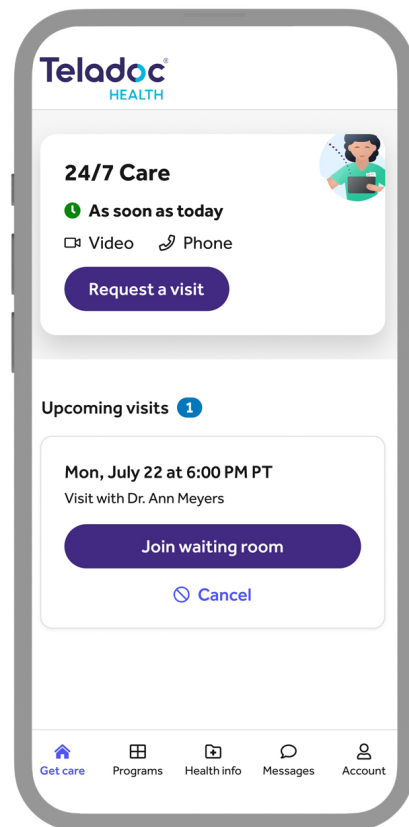
free/psychiatrist first visit

free/psychiatrist ongoing visit



Dermatology | **free/online review**

Upload images of your skin issue online and get a
custom treatment plan within 24 hours.



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Visit TeladocHealth.com

Call 1-800-835-2362 | Download the app  

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

Phone and video visits are not required or part of the dermatology visit.

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