

New for 2025

You'll have access to providers anytime, anywhere

We're adding Teladoc Health to your benefits for when you need care for non-urgent and common conditions. You'll be able to access providers by phone or video 24/7 from wherever you are.

Teladoc Health U.S. board-certified providers help with conditions like the flu, bronchitis, rashes, sinus infections and more.

Get care from wherever you are—day or night.

Skip the trip to the ER or urgent care.



How to set up your Teladoc Health account

3:32

Let's start by finding your benefits

*Required

First name *

Last name *

Date of birth *

MM/DD/YYYY

Country *

United States Of America

Zip code *

Email address *

1. Confirm benefits

Provide some information about yourself to confirm your eligibility.

3:34

We need a little more info

*Required

Please select your health or insurance provider below. We use this information to help match you to your benefits, even if your benefits are provided by your employer or association.

Health or insurance plan *

Aetna

Continue

My provider is not on the list

2. Select benefit provider

We'll confirm that we found your benefits so you can finish creating your account.

3:38

Nearly done...please provide your address and phone

*Required

Street address 1 *

Street address 2 (optional)

City *

Country *

United States Of America

State *

Zip code *

3. Create account

Provide your contact information.

4:41

Perfect! Let's tie up the details

*Required

Username *

Password *

• use 10 - 20 characters
• include at least one number and one letter

Confirm Password *

Each security question cannot be selected more than once. Answers must be at least 2 characters with no special symbols.

Security question 1 *

4. Complete account

Create a username, password and pick security questions to ensure your account is secure.