

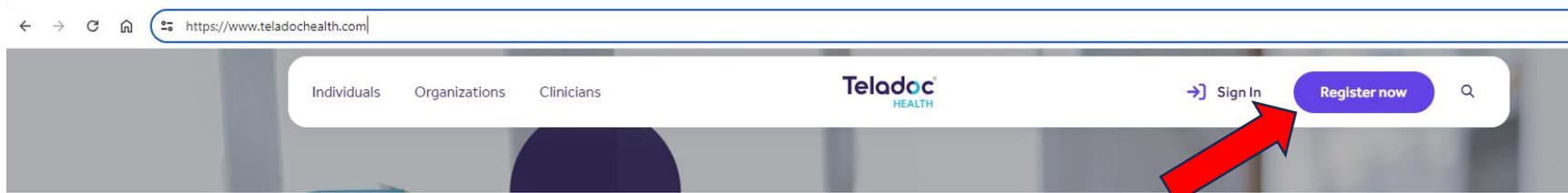
Registration Instructions for Teladoc

Teladoc is a great resource for non-emergency care! It's cheaper than urgent care and has a MUCH shorter wait time. Common reasons to use Teladoc general medicine are:

- Rash
- Cough
- Sunburn
- Pink eye
- Bug bites
- Bronchitis
- Sore throat
- Rash/poison ivy
- Nasal congestion
- Flu
- Cold
- Sinusitis
- Arthritis
- Backache
- Sinus problems
- Food poisoning
- Seasonal allergies
- Upper respiratory infection

It is recommended that you complete your registration via Teladoc before you are ill. The registration time takes about 15-20 minutes to complete and will be inconvenient if you are already ill. Once the registration is complete, it is very easy to request a visit. You will only need to login and click the "request visit" button. You will be asked a few basic questions about the nature of your call before you are placed in waiting. The typical wait time is 10-20 minutes before speaking with a doctor for general medical support. For mental health support, you will be asked to set up an appointment. Below are registration instructions to assist you during the registration process:

1. Go to <https://www.teladochealth.com/> and click on the "Register Now" button at the top right of the page.



2. Enter your personal details to start the registration process.



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Confirm Coverage

Create Account

Get Care

Tell us about you

Enter your information just as it appears on your health insurance card or pay stub.

* Required

First Name*

3. **Important!** There is no company code – do **not** check the box. Click on “Next.”

Do not click this checkbox!

I received a Teladoc Health code from my employer or insurance company.

Next

4. On the next page it will ask you to confirm your connection to Metropolitan Library System. Click the radial button and then click next.

Here's your coverage

Metropolitan Library Commission of Oklahoma County.
General Medical, Mental Health

Is this incorrect? Call us at [800-835-2362](tel:800-835-2362).

Next

5. You will then need to set up username, password, and security questions.

Add account details

Unlock easy access to care in just a few minutes.

* Required

Create your username and password*

Username*

Password*

Confirm password*

6. Complete your medical history. This section will ask about your primary care physician, medications you are taking, history of illness, and family history.

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Confirm Coverage

Create Account

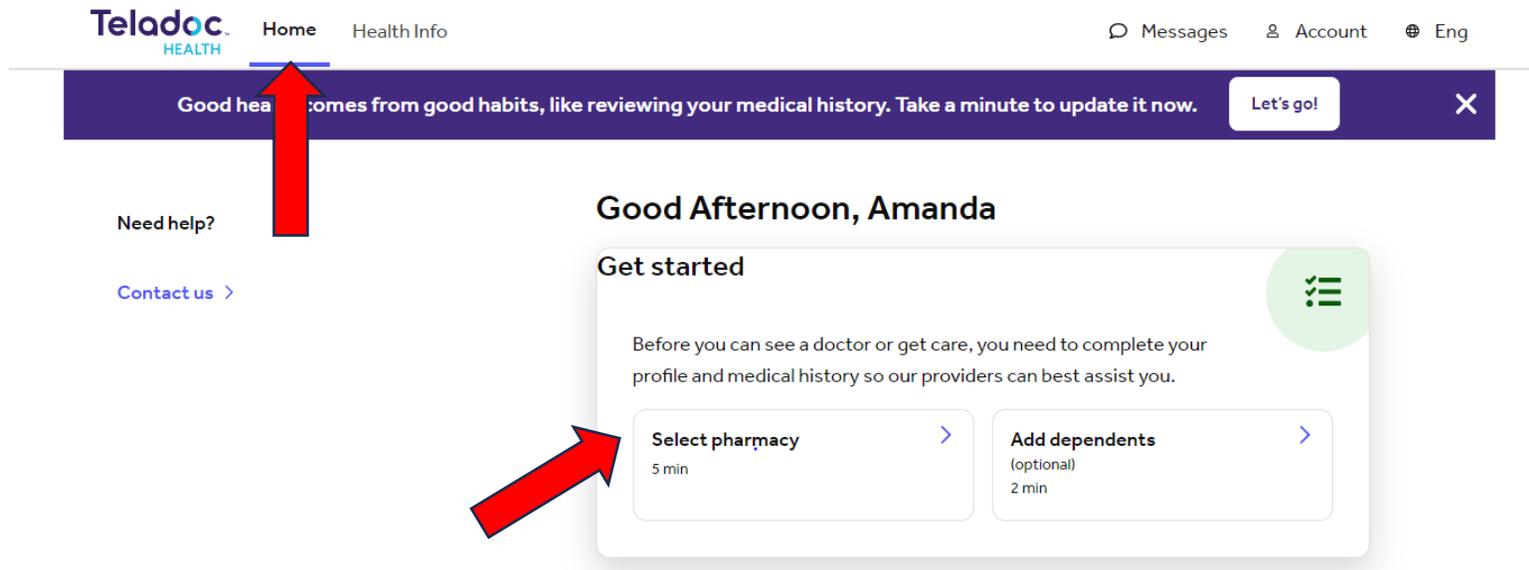
Get Care

Are you ready to get care, Amanda?

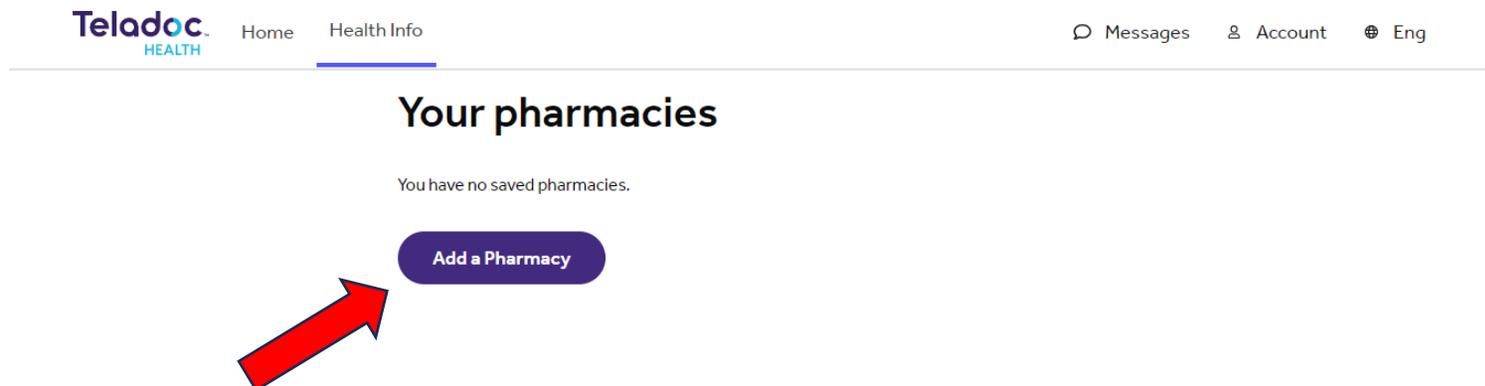
Before you can see a provider, share some information about your health, lifestyle and family history. This just takes a few minutes, and you'll only need to do it once.

Complete medical history

7. It is best to go ahead and select a pharmacy during registration. You can click on the Home tab and then under the Get Started tile, you can select the “Select Pharmacy” option.



You can then click the “Add a Pharmacy” button to search for your preferred pharmacy.



8. If you have dependents on your medical plan, they can also use Teladoc. You can add them to your account once the primary insured is set up. You will click on “Account” and then click on “Family” which will bring you to a screen to add dependents. If you are using the app and want to add dependents, click on “request a visit” and then click on the “Add New+” beside Family Members.

The screenshot displays the Teladoc Health user interface. At the top left is the Teladoc Health logo. Navigation links include 'Get Care' and 'Health Info'. On the right, there are icons for 'Messages', 'Account', and 'Eng'. The 'Account' menu is expanded, showing options: Profile, Security and sign in, Communication preferences, Emergency contacts, Family (highlighted with a blue bar), Billing and coverage, Get help, and Sign out. The 'Family' option includes the subtext 'Manage your dependents, authorized consenters and care recipients'. The main content area has two sections: 'Dependents' with a description 'Add a spouse, partner or children who are covered by your plan.' and a '+ Add a dependent' button; and 'Authorized consenters' with a description 'Add adults who can attend and request visits, and consent to care for minor dependents.' and a '+ Add an authorized consenter' button.

For questions about the program, please reach out to Mandie Fischer, Benefits Manager (mandie.fischer@metrolibrary.org) or Elizabeth Kessler, HR Specialist (ekessler@metrolibrary.org). For technical assistance, please reach out directly to Teladoc at 1-800-835-2362.