



Exciting News: Available now through Teladoc Health benefits, we are offering Primary360!

We're thrilled to announce, through Teladoc Health and UMR, you now have access to convenient, quality virtual primary care and other virtual health care benefits, all at your fingertips with Teladoc Health. Care with **Primary360*** allows you to schedule a virtual annual wellness exam for no cost and get lab orders, prescriptions, or referrals to in-person specialists as needed, to help you stay on top of your health.

With care through Primary360 you get:

- **A board-certified doctor of your choice to manage all your health needs** and a **dedicated Care Team** of nurses and medical assistants who are with you every step of the way
- Virtual wellness visits on your schedule and **from the comfort of your home, work or wherever it's convenient for you**
- Access to services including **primary care, 24/7 care, mental health, dermatology and more!**

What is a dedicated Care Team and how can they help you?

Your Care Team is there to talk about your health history, talk through concerns and discuss any necessary next steps to achieve your health goals. After your initial visit, your personalized Care Plan will let you know what you need to do to stay healthy. It may include support with:

- Mental health screenings
- Routine screening orders
- Weight management
- Blood pressure management
- Diabetes management

Getting started with Primary360 is easy:

Already registered for Teladoc Health?	New to Teladoc Health?
<ul style="list-style-type: none">• Simply log-in to your account via the Teladoc Health app or TeladocHealth.com• Select "Primary360" to schedule your first visit with a board-certified doctor	<ul style="list-style-type: none">• Download the Teladoc Health app or visit TeladocHealth.com and create your account• Once you complete registration, select "Primary360" to schedule your first visit

[Learn more and get started today!](#)

**Primary360 PCP visits are only available to adult members 18 years or older*

