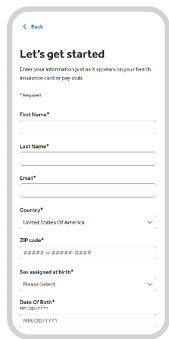


Set up your account. It's easier than you think.

You're only minutes away from better health management.

Be on your way to living healthier in just a few simple steps. **Download the Teladoc Health mobile app** and click "Join now" to get started.

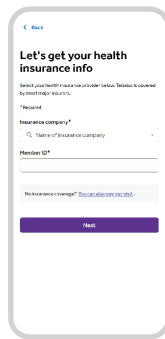
Need help getting started? Call us to walk through it together: **800-835-2362 (TTY: 1-855-636-1578)** 24 hours a day, 7 days a week and use your registration code: **PARSONS**



1

Getting to know you

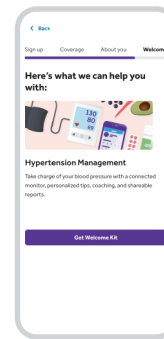
Tell us your name, date of birth and ZIP code. Click "Next" to add your email and create a password.



2

Checking your coverage

Enter your registration code (we'll help if you don't know it) and insurance info so we can check your coverage and get you signed up at no cost to you. Call us if you need help, and we'll walk through it together!

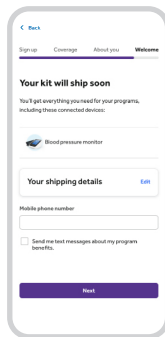


3

Learning about your goals and getting started

This is where you'll tell us how we can help. Enter your info so we can pair you with the right health management program. Tap "Get Welcome Kit" to continue.

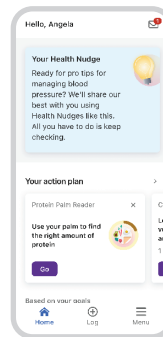
You're almost there... just two more steps!



4

Shipping your Welcome Kit

Tell us where to send your Welcome Kit. You'll receive it within 3-5 business days.



5

Finishing up

Continue exploring the mobile app to set goals, find proven tools for getting healthier and opt in to notifications. We're just a call away if you'd like help finding the best tools for you.

Discover a healthier future today

Call toll-free **800-835-2362 (TTY: 1-855-636-1578)** 24 hours a day, 7 days a week and use your registration code: **PARSONS**

Download the Teladoc Health mobile app  

<https://www.teladohealth.com/legal/privacy-policy/>
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Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite [TeladocHealth.com/Bienvenido/PARSONS](https://www.teladohealth.com/Bienvenido/PARSONS)
Program eligibility varies. Visit our website to learn more.