

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. Visit [TeladocHealth.com/Smile/PHILACAP](https://www.teladochealth.com/Smile/PHILACAP) 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: **PHILACAP**

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.

Let's get started

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

First Name*

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!

Let's get your health insurance info

Select your health insurance provider below. Teladoc is covered by most major insurers.

Insurance company*

Q Name of insurance company

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.

Hypertension Management

Take charge of your blood pressure with a connected monitor, personalized tips, coaching, and shareable reports.

Get Welcome Kit

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.

Your kit will ship soon

You'll get everything you need for your programs, including these connected devices:

Your shipping details

Edit

5 Finishing up

Explore the Teladoc Health web portal to find healthy strategies and proven tools for getting healthier. Need help finding what's best for you? We're just a call away.

Most popular



Managing hyperglycemia (high blood sugar)



5 tasty meal guides



Fall asleep faster, stay asleep longer

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: **PHILACAP**
Visit [TeladocHealth.com/Smile/PHILACAP](https://www.teladochealth.com/Smile/PHILACAP)