Teladoc Enrollment Information

The easiest way to get a user ID and password is to call 800-362-2667. Tell them that you are with ECM Group Health Trust. They will ask you to confirm your name, date of birth and address. You will get a user ID and temporary password to get into the website or app. After you log in, you will simply follow the screens to enter your information.

Anyone covered by our UMR medical plan can use the service. If your dependent is over 18 years of age, he/she will have to get their own user ID and password. If your dependent is under 18 years of age, you can contact Teladoc on his/her behalf.

If you use Teladoc and take a sick leave day, you will need to print a confirmation of your visit or take a screenshot and text it to Deb McGee for your sick slip.