



Teladoc Health video content

Discover a curated collection of Teladoc Health videos designed to help you bring your virtual benefits to life. From quick how-to guides to powerful member testimonials, these resources make it easy to educate, inspire and drive engagement across your population.

How-to videos

Provide guidance with our how-to videos, designed to show members exactly how to navigate Teladoc Health's services and condition management programs. Download the following videos from Vimeo today! Simply click the download icon. 

General

How to get started with Teladoc Health ([English](#)/[Spanish](#))

Telehealth Services

Primary Care

How to schedule a Primary Care visit ([English](#)/[Spanish](#))

24/7 Care

How to schedule a 24/7 Care visit ([English](#))

Mental Health

How to schedule a Mental Health visit ([English](#)/[Spanish](#))

Get started with Mental Health Coaching ([English](#)/[Spanish](#))

How to explore your personalized Mental Health library ([English](#)/[Spanish](#))

Dermatology

How to use our Dermatology service ([English](#)/[Spanish](#))

Nutrition

How to schedule a Nutrition visit ([English](#)/[Spanish](#))

The following videos & articles are not available for download, but may be linked from your benefits web page.

Condition Management Programs

Diabetes Management

Welcome to Teladoc Health's Diabetes Management Program ([English](#)/[Spanish](#)) (YouTube)

[How to check your blood sugar with your blood glucose meter](#)

Hypertension Management

[Introduction to Hypertension Management](#) (YouTube)

[How to check your blood pressure](#) (YouTube)

Diabetes Prevention Program

[Introduction to the Diabetes Prevention Program](#)

Weight Management

[Getting started with your Weight Management program](#)

Member testimonial videos

Member testimonials are a powerful way to boost engagement because they highlight the real, human impact of your benefits and inspire your population to take action.

To download videos, simply click the download icon in Vimeo. 

Telehealth Services

Primary Care

- [Jennifer P.](#)
- [Tom](#)

Mental Health

- [Pat N.](#)
- [Michelle A.](#)
- [Scheryl B.](#)
- [Sarah R.](#)
- [Marielena S.](#)
- [Melissa B.](#)
- [Mauricio](#)

Dermatology

- [Ashley](#)

Nutrition

- [Irene](#)

Condition Management Programs

Multi-Condition

- [Scott C.](#) (Diabetes Prevention, Diabetes, & Hypertension)
- [William J.](#) (Weight Management, Diabetes & Hypertension)
- [Beverly](#) (Diabetes & Weight Management) (Spanish subtitles included)
- [Miguel](#) (Hypertension & Diabetes Management) (Spanish)
- [Lisa E](#) (Hypertension & Weight Management)
- [Dan T.](#) (Hypertension & Weight Management)
- [Scott V.](#) (Diabetes, Hypertension & Weight Management)

Diabetes Management

- [Jose L.](#)
- [Armando A.](#)
- [Suzanne B.](#)
- [Carol O.](#)

Hypertension Management

- [Chantelle M.](#)
- [Fred C.](#)
- [Carla S.](#)
- [Larry E.](#)

Diabetes Prevention Program

- [Alicia](#)

Weight Management

- [Scheryl B.](#)

Have members that want to share their story?

Encourage your population to share their experience with Teladoc Health. Their story could inspire and motivate someone to get the care they need.

Share [this link](#) in an upcoming benefit communication!