Take relief into your own hands.
Learn easy and effective ways to feel lower back pain relief.

You have access to Teladoc Back Care through your company benefits.
Our back care program provides instructional videos for how to build strength and flexibility, and improve your posture without having to go to a physical therapist’s office.

How it works
1. Set up Teladoc account or log in and click on the Teladoc Back Care tile
2. Complete a 5-minute “back health” assessment
3. Reach out to a certified health coach for a personalized care plan to fit your needs
4. Follow the plan on your computer, phone, or tablet

Start feeling relief today at no cost to you.
Just log in to your Teladoc account at teladoc.com/unitedag or through the app.

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*Excludes HSA Participants
*Effective 1/1/2020