

Discover our Teladoc Portal

What is Teladoc Health?

You live abroad and you are facing an illness, or just want to stay fit and health. We support you with new services that allow you to connect with a doctor or coach, from the comfort of your home.

We offer a solution:

- ▶ **Operates globally**
- ▶ **Confidential and safe**
- ▶ **Without any extra charge**
- ▶ **24/7/365 days support**
- ▶ **Multilingual platform** All languages 24/7/365 (English, French, German and Spanish)

How to use it?

1 Let's start

Go to the portal and register or log in. •••

[Access to the portal](#) 

2 What do you need?

Select the service you would like to use.

3 Start to use one of our services

Request a call back from one of our doctors or plan a video consultation.

You can use any of our services:

- Second Medical Opinion
- Online medical consultation
- Mental Health Coaching
- Get Fit Program



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What are the services?

Second Medical Opinion

The doctor will call you for a medical consultation and discusses your specific questions, to review your case.

You will receive an exhaustive review of your case by the International Expert.

Online consultation

You can have a call or video call and discuss your medical question.

The doctor will share a short report with you.

Mental Health Coaching

A mental Health coach will discuss your goals or struggles and plans up to 3 sessions to work on this.

Get Fit Program

Fill out the questionnaire and start the 4- or 8-week fully automated program, with the focus on exercises and healthy food including tasteful recipes and an exercise plan.

Do you want to know more about it?

Learn more about it

You have more information in our Youtube channel:

