

**\$0**  
cost to you



# High blood pressure management, **your way**

Get an advanced blood pressure monitor that connects directly with the mobile app. It's paid for by your plan sponsor—all at no cost to you.

Discover tools and techniques that work for you



Advanced blood  
pressure monitor



One-on-one  
health coaching



Personalized insights  
based on your needs



Guidance on building  
healthy habits

**Get started**  
Join by visiting **TeladocHealth.com/Now**  
or call **800-835-2362**

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone, tablet or smartwatch.

To enroll in Teladoc Health, you must opt in to at least one program that your plan sponsor offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Teladoc Health program is not offered by your plan sponsor, or if you do not meet the specific health criteria of that program, you will not be able to enroll.

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite [TeladocHealth.com/Bienvenido](https://www.TeladocHealth.com/Bienvenido). Livongo is now part of Teladoc Health, and we are in a brand transition phase. You may receive Livongo-branded and Teladoc Health-branded products during this transition. Other than brand name, there is no difference between products.

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