



High blood pressure management, your way

\$0
cost to you

Get an advanced blood pressure monitor and the support you need, and your plan sponsor covers 100% of the costs.

Tools and techniques that work for you:

- Advanced blood pressure monitor
- Personalized insights
- One-on-one coaching
- Easy-to-use app & dashboard
- Guidance on healthy habits

Get started

Join by visiting TeladocHealth.com/Now/BCBSTX-HEALTH
or call **800-835-2362** and use registration code: **BCBSTX-HEALTH**

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

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/BCBSTX-HEALTH

The program is provided to you and your family members with high blood pressure and coverage through Blue Cross and Blue Shield of Texas (BCBSTX).