Teladoc® HEALTH

You are steps away from a healthier you

Life is busy. There are demands on your time from family, work, home and more. Often, your health is one more thing to save for later. Teladoc Health Condition Management programs make it easier to get the care you need, whether you're coping with diabetes, high blood pressure, managing your weight and more. With a team of experts, personalized tips and easy-to-use devices, help and support are available every step of the way.



Teladoc Health Condition Management offers:

Personalized health insights
Recommendations for you based on your lifestyle needs to optimize your health.

Stress management
Tips, guidance and support for your mental health.

Expert health coaching
Connect with an experienced health coach to guide and support you on your health journey.

Nutrition support
Registered dietitians offer one-on-one support, medical nutrition therapy and personalized meal plans.

BetterSleep
Premium access to this service will help you get the rest you need for better health.

Get started at no cost to you

Visit **TeladocHealth.com/smile**
or call 800-835-2362 (TTY: 1-855-636-1578) 24 hours a day, 7 days a week.

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/hola

Program eligibility varies. Visit our website to learn more.

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Program does not include a phone, tablet or smartwatch.