Diabetes management, your way

Get an advanced blood glucose meter, strips and lancets, and support — all at no cost to you



If you have diabetes, you know how important it is to regularly monitor your blood sugar. Sometimes, it can be helpful to have extra support.

Teladoc Health offers real-time tools and guidance that can make it easier to stay on track, such as:

- Personalized tips with each blood sugar check
- Real-time, one-on-one live support when you're out of range
- Strip re-ordering right from your meter
- Optional alerts to notify emergency contacts
- Health Summary Reports that can be sent from your meter to anyone you choose
- Automatic uploads instead of paper logbooks

Get the support you need to manage your blood sugar and stay healthy.

Get started

To enroll, visit teladochealth.com or call 1-800-835-2362 and use registration code INDEPENDENCE.

This program analyzes trends and provides support through your secure Teladoc Health account and mobile app. This program does not provide a phone, tablet, smartwatch, or any other digital tracking device.

Teladoc Health, Inc is an independent company that provides diabetes management services.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence | Teladoc HEALTH

IBX

23524 3535319 (3/25)