

# Flexible programs to improve your health on your terms

Get support for conditions with personalized guidance and care plans.



## Mental Health

Dedicated support and coaching for stress, depression, sleep and more.

- Live sessions with a certified coach
- Personalized plan tailored to your needs
- Activities and content designed for you
- Tools to help reduce stress in the moment

## Hypertension Management

Make managing your blood pressure easier.

- Receive a connected blood pressure monitor
- One-on-one support from expert coaches
- Personalized tips on nutrition and activity

## Diabetes Management

A personalized way to manage diabetes.

- Receive a connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans and one-on-one coaching
- Real-time support for out-of-range readings

## Diabetes Prevention Program

Reduce your risk of type 2 diabetes.

- Team of expert coaches to support you
- Receive a smart scale that syncs to the app
- All-in-one weight, activity and food-tracking program

Program eligibility varies. Visit our website to learn more.

## Get started today

Visit **TeladocHealth.com/smile/STARRCOMPANIES** or call **800-835-2362** and use registration code: STARRCOMPANIES.

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/STARRCOMPANIES](https://TeladocHealth.com/bienvenido/STARRCOMPANIES)

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Teladoc Health app to participate in the Teladoc Health program.

This program is offered at no cost to you by your health plan or employer.

The device or devices and any components shown are representative examples only. The actual model you receive may be different.

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