

**Hypertension  
Management program**

# Heart health that lasts



You can achieve the healthy future you've imagined. Whether you're looking for exercise tips, simpler medication management or support with an ongoing condition, Teladoc Health has the tools to help.

### **Develop healthy habits that last with the Hypertension Management program:**

- A smart blood pressure monitor that connects directly to your app
- Easy access to proven tools and expert advice
- Expert coaches to partner with you on your health journey
- Personalized support for out-of-range readings

### **You may be eligible for additional tools and devices depending on your health needs:**

- Mental health tools that can help you in the moment or for a lifetime
- A smart scale and easy access to your readings and progress
- Expert-created strategies to develop healthy habits that stick

## **Get started**

You can join by visiting [teladochealth.com/joy](https://teladochealth.com/joy)  
or call **800-835-2362**

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://teladochealth.com/bienvenido)

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