



High blood pressure management, *your way*

Get an advanced blood pressure monitor that connects directly with the mobile app. It's paid for by Inframark. —all at no cost to you.

Discover tools and techniques that work for you



Advanced blood pressure monitor



One-on-one health coaching



Personalized insights based on your needs



Guidance on building healthy habits

Get started today at no cost to you

Visit www.teladochealth.com/glad/INFRAMARK

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 www.teladochealth.com/buscar/INFRAMARK

The program is offered at no cost to employees and dependents covered under the Inframark Health Plan.

Livongo is now part of Teladoc Health, and we are in a brand transition phase. You may receive Livongo-branded and Teladoc Health-branded products during this transition. Other than brand name, there is no difference between products.

Program does not include a phone, tablet or smartwatch.

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

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