

Live healthier at no cost to you



When you join Teladoc Health[®], you'll have access to connected condition management devices and the support you need. Best of all, it's offered at no cost to you.

Diabetes Management

- ✓ Connected meter
- ✓ Unlimited strips and lancets

Hypertension Management

- ✓ Connected monitor
- ✓ One-on-one coaching

Diabetes Prevention

- ✓ Connected scale
- ✓ Expert guidance

...And more programs!*

- ✓ Health experts
- ✓ Personalized plans

Get started

Join by visiting **TeladocHealth.com/Smile/CMSTX**
or call **800-835-2362** and use registration code: **CMSTX**

*You may also be eligible to receive additional tools and devices to live healthier. This can include a smart scale and digital tools to support your mental health.

To enroll in Teladoc Health, you must opt into 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.

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone, tablet or smartwatch.

Those who are pregnant, have diabetes or have a BMI that's lower than the program minimum may not qualify for the Teladoc Health program.

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/CMSTX

Virtual healthcare programs to help you live well

Get support for conditions with personalized guidance and care plans.



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

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

Weight Management

Improve nutrition, exercise and weight loss.

- Receive an advanced smart scale
- Personalized action plan
- Ongoing expert coaching
- Full nutrition, exercise and weight-loss support

Program eligibility varies. Visit our website to learn more.

Enroll now

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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.

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