luminare health™
Experience. Solutions. Results.

Teladoc® HEALTH

UNDER PRESSURE

Understanding how hypertension affects you



Hypertension or high blood pressure is often called "the silent killer" because it may have no outward signs or symptoms.

Blood pressure is the force exerted on your blood vessels when your heart pumps. When it's high, your arteries and vital organs can be damaged.

You can improve your blood pressure with lifestyle changes, daily tracking and support from a proven program.

Manage through lifestyle changes

- Eat a heart-healthy diet and stay hydrated
- Stay active by exercising 2½ hours weekly
- Manage stress
- Monitor your blood pressure
- Manage other medical conditions you may have
- Take your medicine as prescribed

The normal range for blood pressure is

below 120 and/or below 80[1]

Is yours higher?

The Hypertension Management program from Teladoc Health provides the resources and support you need to get your condition under control. Your team will guide you with the right information, customized to your needs.

> **"I used the system every day for a year and a half. My main quest was to get the blood pressure down...to get off the medicine. I eliminated sugar, lost 75 pounds and my blood pressure stabilized. The program was extremely valuable." Fred C.**

Get started with Teladoc Health today

Visit **TeladocHealth.com/now/LUMINARE** or call **877-280-0639** or download the app
Use your registration code: LUMINARE

[1]https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

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 877-280-0639 o visite TeladocHealth.com/bienvenido/LUMINARE

The testimonials, statements and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid.

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.

Luminare administers benefits under your employer's health benefit plan.

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

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