luminare health™
Experience. Solutions. Results.

Teladoc® HEALTH



A LONG-TERM SOLUTION

# Turn the tables on diabetes

The Diabetes Management program can help you maintain your blood sugar levels for **better overall health.**

Normal blood sugar is
**80-130** mg/dL[1]
before meals

After meals, it should still be less than
**180** mg/dL[1]

**Where do you fall?**

## The highs and lows of blood sugar

When you have diabetes, it's important to track your blood sugar regularly. By monitoring, you can:

- See if your lifestyle choices are working
- Get immediate feedback
- Collect data your Teladoc Health team can use to help you

## Manage your overall health

- Take your medicine
- Eat a balanced diet
- Stay active
- Get enough sleep
- Check your blood sugar

**The Diabetes Management program from Teladoc Health** provides the support and tools you need to help you reach your health goals. This program can help you get your blood sugar levels under control, which is pretty sweet.

> **"I've got all these great tools. You have the ability to download and have access to all your records. It's really good. I wish I would have started using it a lot longer ago." John S.**

## Get started with Teladoc Health today

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

[1]https://medlineplus.gov/bloodglucose.html

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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