



Take control of your heart health

At no cost to you

With a smart blood pressure monitor, you can track readings, get support, set up reminders and message a coach, all in one place. All at no cost to you.

Sign up and receive all this and more!



One-on-one support from expert coaches



A connected blood pressure monitor



Step-by-step action plans based on your goals



Tips on nutrition and activity

Managing your blood pressure just got easier.

Get started

Join by visiting TeladocHealth.com/Now
or call 800-835-2362

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
The program is offered at no cost to Premera Blue Cross members and covered dependents with high blood pressure and coverage offered through your employer's sponsored Premera health plan. Premera Blue Cross is an independent licensee of the Blue Cross Blue Shield Association. Teladoc Health is an independent company that provides diabetes management, hypertension management, weight management and diabetes prevention services on behalf of Premera Blue Cross.

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