



Weight Management program

Blue Cross Blue Shield of Michigan and Blue Care Network work with Teladoc Health[®] to offer a new weight-management solution for your members.

Participants in this program receive support from a certified health coach to design an easy-to-follow, personalized plan for improving nutrition, physical exercise and sleep habits.

Each participant will receive a connected scale for tracing progress, plus individual guidance from a health coach to tackle weight challenges by making healthy choices that suit his or her tastes and lifestyle.

Participants must answer simple health questions to determine their eligibility for the program. The questions can be found on the Teladoc Health app, by calling **1-800-835-2362** or by scanning the QR code below to visit the website.

Once accepted, the member receives a welcome kit in the mail with instructions for starting the program. There's no fee to participate and the program is also available in Spanish.

Monitoring

Participants receive a connected scale to automatically track progress.

Consistency

Establish a baseline for a personalized plan based on the tastes and goals of the individual.

Coaching

Coaches guide participants on making healthy choices that lead to healthier lifestyle habits.

Call 1-800-835-2362

Download the app

Scan to visit [TeladocHealth.com/Begin*](https://TeladocHealth.com/Begin)



Teladoc Health[®] is an independent company that provides condition management solutions for Blue Cross Blue Shield of Michigan and Blue Care Network. ASC customers are required to have the diabetes prevention buyup in place to buy weight management. Blue Cross Blue Shield of Michigan and Blue Care Network are a nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

*Blue Cross Blue Shield of Michigan and Blue Care Network don't own or control this website.