



Diabetes Prevention program

Blue Cross Blue Shield of Michigan and Blue Care Network work with Teladoc Health[®] to bring you a diabetes prevention program focused on making weight management achievable for your members.

Members will receive a cellular-connected scale to enable seamless weigh-ins, plus food and activity tracking and coaching to help your members understand the impact of their lifestyle habits. Personalized outreach drives ongoing engagement and strategies for healthy living, including health challenges to drive small changes for big wins, evidence-based lessons and a diabetes prevention program based on PreventT2 curriculum. Unlimited messaging, one-on-one sessions with expert coaches and coach-led online meetups augment the experience to reinforce accountability and motivation.

Chronic conditions don't exist in isolation. In fact:

- 36% of people living with prediabetes also deal with hypertension¹
- 44% experience dyslipidemia¹
- More than 30 percent of people with diabetes experience depression, anxiety, and distress²

Teladoc Health offers a person-centered approach to diabetes prevention and support for those conditions as well, with a single registration and integrated experience.

Simplified monitoring

A connected weight scale captures weigh-ins automatically in the cloud, supported by activity tracking, food logging and personalized one-to-one coaching.

Expert support

Nonjudgmental digital and one-on-one human support is led by coaches with backgrounds in nursing, nutrition, behavioral psychology, exercise physiology and more.

Evidence-based program

This Teladoc Health program is recognized by the Centers for Disease Control and Prevention. It includes self-guided, in-app lessons and live coaching to help members achieve continuous motivation and results.

How this solution works



Monitoring

View trends, activity and other biometric data within the app across one or multiple conditions, including integration with major activity trackers.



Tracking

Members track their food, activity and weight with photo-based food logging, free-text annotation and meal tagging, and syncing of daily step counts.



Feedback

Ongoing coaching and digital support make diet, activity, medication and lifestyle recommendations based on their activity.

¹<https://www.cdc.gov/diabetes/data/statistics-report/preventing-complications.html>

²<https://www.myhealthexplained.com/prediabetes>

Teladoc Health[®] is an independent company that provides condition management solutions for Blue Cross Blue Shield of Michigan and Blue Care Network. The program is offered at no cost to members and covered dependents with diabetes and coverage offered through Blue Cross Blue Shield of Michigan health plan. 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.