



## Condition Management programs

*Getting healthy is easier with a little help.*

Your health plan includes condition management programs that offer easy-to-use tools and support to help you manage the daily responsibilities of living with chronic conditions. Blue Cross Blue Shield of Michigan and Blue Care Network work with Teladoc Health<sup>®</sup> to provide these programs at no additional cost.

### Diabetes Management

- Advanced blood glucose meter
- Unlimited test strips and lancets
- Personalized tips and expert coaching
- 24/7 real-time support for out-of-range readings

### Diabetes Prevention

- Smart scale
- Expert guidance on nutrition and meal planning

### Hypertension

- Connected blood pressure monitor
- Digital reports
- Goal-based action plans
- Nutrition tips and advice from expert coaches

### Weight management

- Smart scale
- One-on-one expert coaching
- Guidance on creating healthy habits that last

All program resources are available at no extra cost, and you can conveniently stay on track with your care in one place through the Teladoc Health app.

### Get started today

Let us take some of the load off your plate. Our program can help you manage your health while reducing your cost for care.

**To enroll, call 1-800-835-2362. Your registration code is BLUECROSSMI-START. Or scan the QR code to enroll online.**



Teladoc Health<sup>®</sup> is an independent company that provides virtual care solutions on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network. These programs are offered at no cost to you and covered family members with diabetes or hypertension with coverage through a Blue Cross Blue Shield of Michigan or Blue Care Network health plan. The Diabetes Prevention program is offered to you and covered family members who meet specific health criteria and are covered under a Blue Cross Blue Shield of Michigan or Blue Care Network health plan. To enroll in the program, members must complete the Centers for Disease Control and Prevention risk assessment and meet specific criteria. Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.