



Exciting News: We are now offering access to Teladoc Health's Chronic Condition Management Services!

We're thrilled to share details about several new health benefits that are now available to you through Teladoc Health and UMR. These programs will give eligible members access to connected health management devices, certified health coaches and mental health coaches – all to help manage conditions like diabetes, hypertension, diabetes prevention and weight challenges. **These benefits are provided at no cost to you.**

Programs offered:

Diabetes Management	Hypertension Management	Diabetes Prevention
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*Weight Management services may be included in any of the programs above.

How does it work?

When eligible members enroll, the benefits may include:

- **Coaching on your schedule.** Expert health coaches are ready to help you. Together you'll create a custom plan to meet your needs and focus on health areas that are important to you.
- **Connected devices.** For those who are eligible, you will get a blood glucose meter and/or a blood pressure monitor that automatically uploads your readings at no cost to you. You may also be eligible for a smart scale. Track your progress and manage your health all within a private account on an easy-to-use app.
- **Digital behavioral health support.** Get 24/7 access to practical tips and tools that may help you better manage stress, sleep, anxiety, depression and more.
- **Safety and security.** Your information is safe with Teladoc Health. Look at your records anytime on the app. Share it with your doctors when and if you want to.

Getting started with Chronic Condition Management is easy:

Already registered for Teladoc Health?	New to Teladoc Health?
<ul style="list-style-type: none">• Simply log-in to your account via the Teladoc Health app or TeladocHealth.com• Select "Condition Management" to discover the support for your needs	<ul style="list-style-type: none">• Download the Teladoc Health app or visit TeladocHealth.com and create your account• Once you complete registration, select "Condition Management" to find what benefit fits your needs

