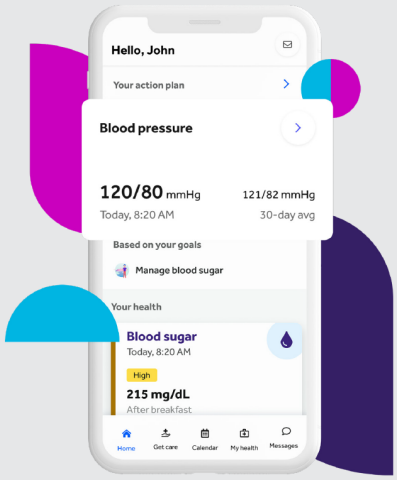
Hypertension Management: What to know about this benefit



Did you know people with high blood pressure or hypertension pay almost double for outpatient medical expenses compared to people who do not have hypertension?[1]
The Hypertension Management program that is part of our benefits can help you save this money because you do not have to pay for anything. You get support for your high blood pressure with smart devices, expert coaches and easy-to-follow, personalized plans.

If high blood pressure or hypertension is not managed in the right way, it could lead to stroke, vision loss, heart failure, heart attack, kidney disease/failure or even sexual dysfunction.[2]
The Hypertension Management program is available at no cost to you. Through daily tracking and support, the program helps you discover lifestyle changes that can reduce your blood pressure.

- **What is the program?** The Hypertension Management program helps make living with high blood pressure easier. Members of the program team work with you to provide personalized plans so you can live your healthiest life possible.
- **What resources do you receive?** The program provides you with a connected blood pressure monitor. This gives you access to personalized information to help you manage your condition better. You also have the option to work with a coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** To get started, you can either download the Teladoc Health app, call 800-835-2362 or visit the website by scanning the QR code below. You will start the process by answering a few simple questions about your health to see if you qualify for the program. If you successfully enroll, you will be mailed a Welcome Kit with instructions on how to get started.

Get started

Join by visiting **www.teladochealth.com/expert-care/condition-management** or **call 800-945-4355** and use registration code: **LUMINARE.**

[1]https://newsroom.heart.org/news/adults-with-high-blood-pressure-face-higher-healthcare-costs?preview=72e1
[2]https://www.heart.org/en/health-topics/high-blood-pressure/find-high-blood-pressure-tools--resources/blood-pressure-fact-sheets

The device or devices and any components shown are representative examples only. The actual model you receive may be different.

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