Teladoc HEALTH

Diabetes Management: What to know about this benefit

Did you know people who have been diagnosed with diabetes spend about $17,000 each year on medical expenses? Out of that $17,000, over $9,500 is for diabetes treatment.[1]

The Diabetes 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 diabetes with smart devices, expert coaches and easy-to-follow, personalized plans.

Diabetes is the eighth leading cause of death in the U.S.[2] Through our benefit, you could qualify for help with your diabetes at no cost to you. The Diabetes Management program gives you personalized tools and support to track your blood sugar levels and develop healthier lifestyle habits.

- **What is the program?** The Diabetes Management program supports people diagnosed with type 1 or type 2 diabetes and helps make living with diabetes easier. The program team works with you to provide personalized plans so you can live your healthiest life possible.

- **What resources do you receive?** The program gives you a connected meter and Unlimited strips and lancets. If members of the program team see that your glucose levels go out of range, they'll reach out to you within 5 minutes to get you the support you need.* You also have the option to work with a certified health coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.

- **How can you get started?** Getting registered for the Diabetes Management program is easy and only takes a few minutes. You can either download the Teladoc Health app, call **800-945-4355** 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 do qualify, 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: **EVHC.**

[1]https://www.diabetes.org/about-us/statistics/cost-diabetes
[2]https://www.cdc.gov/diabetes/basics/diabetes.html

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

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*95% of all calls occur within 5 minutes but per standard service-level agreements, all calls are completed within 15 minutes.