Virtual health care programs to help you live well



Get support for conditions with personalized guidance and care plans at no additional cost to you.

We are working with Teladoc Health (Teladoc) to give you access to support, tools, and resources that make it easier to manage multiple cardiometabolic health conditions.

Diabetes Management

Get real-time tools and guidance that make it easier to stay on track with:

- A connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans, and one-on-one coaching
- Real-time support for out-of-range readings

Hypertension Management

Make managing your blood pressure easier with:

- A connected blood pressure monitor
- One-on-one support from expert coaches
- Personalized tips on nutrition and activity

Get started

Visit teladochealth.com/smile or call **1-800-835-2362** to access support, tools, and resources to help you confidently manage your care.

Diabetes Prevention Program

Help reduce your risk of type 2 diabetes with:

- A team of expert coaches to support you
- A smart scale that syncs to the Teladoc app
- All-in-one tracking program for weight, activity, and food

Weight Management

Receive full nutrition, exercise, and weight loss support with:

- An advanced smart scale
- Personalized action plan
- Ongoing expert coaching

Program eligibility varies.
Teladoc Health, Inc. is an independent company.

Independence Administrators | Teladoc HEALTH Better health made possible

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