

# Virtual healthcare programs to help you live well

Personalized support at no cost to you.



## Diabetes Management

A personalized way to help manage diabetes. Receive:

- 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

New

## Mental Health

Your way to connect with a licensed therapist.

- Connect with a licensed therapist 7 days a week from home
- Personalized plan tailored to your needs
- Activities and content designed for you

## Hypertension Management

Take control of your heart health and make managing your blood pressure easier. Receive:

- A connected blood pressure monitor
- Step-by-step action plans based on your goals
- Tips on nutrition and activity
- One-on-one support from expert coaches

New

## Weight Management

Reach your goals with our interactive weight management program. Receive:

- A smart scale that syncs to the app and web portal
- An app to log food and set goals
- One-on-one support from a team of expert coaches
- Ability to share progress with doctor

New

## Diabetes Prevention program

Reduce your risk of type 2 diabetes. Receive help from:

- A team of expert coaches to support you
- A smart scale that syncs to the app and web
- An all-in-one program that tracks weight, activity and food

Depending on your eligibility, you may see communications for one or more of these programs. Upon enrollment, you'll receive support for the programs that fit your unique needs.

## Enroll now

Visit [TeladocHealth.com/Go/ANCHORAGE-SCHOOLDISTRICT](https://TeladocHealth.com/Go/ANCHORAGE-SCHOOLDISTRICT) or call 800-835-2362 and use registration code: ANCHORAGE-SCHOOLDISTRICT.

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite [TeladocHealth.com/Hola/ANCHORAGE-SCHOOLDISTRICT](https://TeladocHealth.com/Hola/ANCHORAGE-SCHOOLDISTRICT)

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Teladoc Health app to participate in the Teladoc Health program.

This program is offered at no cost to you by your health plan or employer.

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