



Your health and wellness benefits

You can have confidence in knowing you're not alone in your health journey. Here's an intro to the support program included in your health plan.

Teladoc Health Hypertension Management

The Hypertension Management program may help make living with high blood pressure easier. The program team works to help provide personalized action plans that are in support of healthier blood pressure.

Teladoc Health Diabetes Prevention Program

This program may help you reduce the risk of type 2 diabetes by making lifestyle changes. The program is based on guidelines from the Centers for Disease Control and Prevention (CDC) and gives you resources and information from the CDC, activity tracking, and ongoing coaching.

Teladoc Health Diabetes Management

The Diabetes Management program is designed to help support people diagnosed with type 1 or type 2 diabetes and may help make living with diabetes easier. The program team works with you to provide personalized action plans that may help you manage diabetes.

To get started, download the [Teladoc Health app](#),



Code: UHCACES

call 1-800-835-2362

or visit [TeladocHealth.com/Go/UHCACES](https://www.teladochealth.com/Go/UHCACES)



Code: UHCACES



This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this service is for your information only. It is provided as part of your health plan. Program nurses and other representatives cannot diagnose problems or suggest treatment. This program is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. This is not an insurance program and may be discontinued at any time.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates. Administrative services provided by United HealthCare Services, Inc. or their affiliates.

© 2023 United HealthCare Services, Inc. All Rights Reserved. WF9611810 227070-022023 OHC