



Take control of your heart health

At no cost to you

With a smart blood pressure monitor, you can track readings, get support, set up reminders and message a coach, all in one place. All at no cost to you.

Sign up and receive all this and more!



One-on-one support from expert coaches



A connected blood pressure monitor



Step-by-step action plans based on your goals



Tips on nutrition and activity

Managing your blood pressure just got easier.

Get started

Join by visiting TeladocHealth.com/Now/MCLANE-HCSC or call 800-835-2362 and use registration code: MCLANE-HCSC

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/Bienvenido/MCLANE-HCSC

It's offered to you and your covered family members as part of your Blue Cross and Blue Shield of Texas plan through McLane. To qualify for this program, you must have a diagnosis of hypertension or high blood pressure. Upon registration you will be asked a series of questions to determine your eligibility.

A diagnosis of high blood pressure is required to enroll in the program. You will not continue to receive Livongo supplies if you leave the program. Blue Cross and Blue Shield of Texas complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-945-4355. UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-800-945-4355.

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