

Extra Help for Better Health



Living with diabetes can give you a lot to juggle. We're here to help. We can give you personalized tips, smart tracking technology and coaching, so you can manage your diabetes and live healthier.

We partner with a company called Teladoc Health® to offer diabetes management help to eligible members. It's available to you on your medical plan at no extra cost.

When you sign up, you'll get:

- › **A smart blood glucose meter:**
It uploads your results to your personal account, so you don't have to keep a log.
- › **Unlimited test strips and lancets:**
Order refills straight from your meter and get them sent to your door at no cost to you.
- › **Personalized tips and real-time support:** Your meter gives you tips after each reading to help you stay on track. Plus you can talk with certified diabetes educators for help with anything from nutrition to lifestyle changes.



To get started, log in at **bcbst.com/diabetes**. Or if you have questions or need help enrolling, call Teladoc at **1-800-835-2362**.

