High blood pressure management, your way

Get an advanced blood pressure monitor and personalized support — all at no cost to you

If you have high blood pressure, you know it's important to manage it to stay healthy. But sometimes, it can be challenging.

With Teladoc Health, you can get the extra help you need, with real-time tools that work for you, including:

- Advanced blood pressure monitor
- Personalized insights
- Live one-on-one coaching
- Easy-to-use app and dashboard
- Guidance to develop healthy habits

Get the tools to help you manage your blood pressure for $0 out of pocket.

Get started

To enroll, visit teladochealth.com or call 1-800-835-2362 and use registration code INDEPENDENCE.

This program analyzes trends and provides support through your secure Teladoc Health account and mobile app. This program does not provide a phone, tablet, smartwatch, or any other digital tracking device.

Teladoc Health, Inc is an independent company that provides hypertension management services.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

Independence | Teladoc HEALTH

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