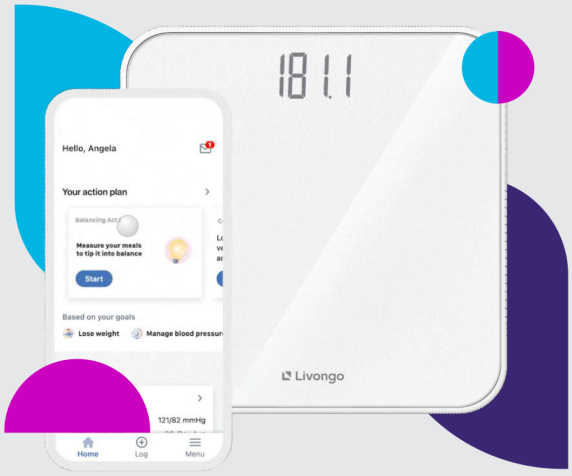
Teladoc HEALTH

Diabetes Prevention Program: What to know about this benefit



Did you know that, on average, people who have been diagnosed with diabetes have to pay over twice as much in medical costs than if they did not have diabetes?[1]

Your benefit can help you avoid those costs through the Diabetes Prevention Program. You get support with smart devices, expert coaches and easy-to-follow, personalized plans.

133 million Americans live with diabetes or prediabetes, but 84% of them don't know they have it yet.[2]

The Diabetes Prevention Program is available to you through our benefits and can help if you might be at risk of getting type 2 diabetes. The program lets you get ahead of diabetes with medically certified content, activity tracking and ongoing coaching.

- **What is the program?** The Diabetes Prevention Program is for people who are at risk of getting type 2 diabetes and is based on clinical standards of care from the Centers for Disease Control and Prevention (CDC).
- **What resources do you receive?** The program doesn't cost you anything and provides personalized plans so you can live your healthiest life possible. It helps you lose weight and provides you with a connected scale to automatically track your progress. You also have the option to work with a certified health coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** You can either download the Teladoc Health app, call 800-835-2362 or visit the website by scanning the QR code below. You will start the process by answering a few simple questions about your health to see if you qualify. After you join, you will be mailed a Welcome Kit with instructions on how to get started.

Call 800-835-2362

Visit TeladocHealth.com/hello/BCBSM

Download the app

1https://www.diabetes.org/about-us/statistics/cost-diabetes
2https://www.diabetes.org/newsroom/official-statement/2022/ada-statement-regarding-updated-data-national-statistics-report

The device or devices and any components shown are representative examples only. The actual model you receive may be different.

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