

Subject line: Teladoc Health is now available at no cost to you




Blue Cross Blue Shield Participant,

We’re excited to announce enhancements to the Teladoc Health program, a health benefit being offered at no cost to you. Teladoc Health helps you manage diabetes, prediabetes, hypertension, and other health goals like managing weight, stress, and more.

Eligible Members: The program is offered at no cost to employees and covered dependents with coverage through Blue Cross and Blue Shield of Illinois (BCBSIL).

The benefits you get with Teladoc Health include:

- **Top technology:** Receive advanced health devices to help you manage your health at home and on the go.
- **Convenient tracking:** Teladoc Health devices automatically save readings to a private, easy-to-use app. You can also track meals and steps — all in one place.
- **Personalized insights and action plan:** Get tips to help you learn and improve, and a personalized action plan to help reach your goals.
- **Virtual expert coaching:** Friendly expert health coaches can offer guidance on managing blood sugar, blood pressure, healthy eating, exercise, and more. Connect virtually whenever it’s convenient for you.
- **Important benefits at no cost to you:** Teladoc Health offers even more program-specific benefits that help make it easier to manage your health:

Diabetes Management	Blood Pressure Management	Healthy Living & Diabetes Prevention
<div>Connected blood glucose meter</div> <div>Unlimited strips</div> <div>Mental health support & more</div> <div></div> <div>Program may also include connected blood pressure monitor, smart scale, and/or cholesterol support, depending on your health goals</div>	<div>Connected blood pressure monitor</div> <div>Personalized tips</div> <div>Mental health support & more</div> <div></div> <div>Program may also include connected scale and/or cholesterol support, depending on your health goals</div>	<div>Connected scale</div> <div>App-guided lessons</div> <div>Guidance on healthy habits & more</div> <div></div> <div>Program may also include connected blood pressure monitor and/or cholesterol support, depending on your health goals</div>

Programs include trends and support on your secure Teladoc Health account and mobile app but do not include a tablet or phone.

To learn more or join, visit TeladocHealth.com/Smile/BCBSIL-HEALTH

If you have any questions about these programs, please visit the [Teladoc Health website](https://TeladocHealth.com) or call Teladoc Health Member Support at **(800) 835-2362** and mention registration code **BCBSIL-HEALTH**.

To enroll in Teladoc Health, you must opt into at least one program that Marion Community Unit 2 School District offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Teladoc Health program is not offered by Marion Community Unit 2 School District or if you do not meet the specific health criteria of that program, you will not be able to enroll.

Thanks,

Kimberly Watson, CFO

Marion CUSD 2

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