

A LONG-TERM SOLUTION

# Turn the tables on diabetes

The Diabetes Management program can help you maintain your blood sugar levels for **better overall health.**



Normal blood sugar is  
**80-130** mg/dL<sup>1</sup>  
before meals

After meals, it should  
still be less than

**180** mg/dL<sup>1</sup>

Where do you fall?

### The highs and lows of blood sugar

When you have diabetes, it's important to track your blood sugar regularly. By monitoring, you can:

- See if your lifestyle choices are working
- Get immediate feedback
- Collect data your Teladoc Health team can use to help you

### Manage your overall health

- Take your medicine
- Eat a balanced diet
- Stay active
- Get enough sleep
- Check your blood sugar



**The Diabetes Management program from Teladoc Health** provides the support and tools you need to help you reach your health goals. This program can help you get your blood sugar levels under control, which is pretty sweet.

“ I’ve got all these great tools. You have the ability to download and have access to all your records. It’s really good. I wish I would have started using it a lot longer ago.” John S.

## Get started with Teladoc Health today

Visit [TeladocHealth.com/Register/SEBB](https://TeladocHealth.com/Register/SEBB) or call **800-835-2362** or download the app

Use your registration code: SEBB

<sup>1</sup><https://medlineplus.gov/bloodglucose.html>

The testimonials, statements and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid. Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Teladoc Health app to participate in the Teladoc Health program. Premera Blue Cross is an independent licensee of the Blue Cross Blue Shield Association. On behalf of Premera, Teladoc Health is an independent company that provides diabetes management and diabetes prevention services. The SEBB diabetes management program is powered by Teladoc Health. Learn more at [www.premera.com/visitor/care-essentials/diabetes](http://www.premera.com/visitor/care-essentials/diabetes)

© Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.