



# Diabetes prevention, *your way*

A healthier future is closer than you think. Work with expert coaches to create a plan that fits into your lifestyle. Plus, it's available at no cost to you.

## Discover tools and techniques that work for you



An advanced smart scale



One-on-one health coaching



Activity and food tracking



Personalized plans that fit your lifestyle

## Get started

Join by visiting [TeladocHealth.com/Hello/SEBB](https://TeladocHealth.com>Hello/SEBB)

or call **800-835-2362**

Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone, tablet or smartwatch. Those who are pregnant, have diabetes or have a BMI that's lower than the program minimum may not qualify for 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 prevention program is powered by Teladoc Health. Learn more at [hca.wa.gov/sebb-dpp](https://hca.wa.gov/sebb-dpp)

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