## THE TEXAS A&M UNIVERSITY SYSTEM





## Take control of your heart health



With a smart blood pressure monitor, you can track readings, get support, set up reminders and message a coach, all in one place. All at no cost to you.

## Sign up and receive all this and more!



A connected blood pressure monitor Step-by-step action plans based on your goals



Managing your blood pressure just got easier.

## Get started

Join by visiting **TeladocHealth.com/Now/TAMUS** or call **800-835-2362** and use registration code: **TAMUS** 

Las comunicaciones del programa Teladoc Health están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-835-2362 o visite teladochealth.com/bienvenido/TAMUS

- The program is provided to you and your family members who have high blood pressure and are covered under the A&M Care Plan, the 65 Plus Plan or the J Plan.
- Members must have medical coverage through the Blue Cross and Blue Shield of Texas (BCBSTX) plan offering the Livongo program.