

Take control of your heart health



At no cost
to you

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!



One-on-one
support from
expert coaches



A connected
blood pressure
monitor



Step-by-step
action plans based
on your goals



Tips on nutrition
and activity

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