



HYPERTENSION MANAGEMENT

A program that follows the member journey



A clinically powerful program including connected devices, personalized education and expert coaching to improve blood pressure and medication adherence for Blue Cross and Blue Shield of Texas members and eligible dependents.

Only one in four adults with hypertension has their condition under control.¹

Relying only on doctor visits to monitor and manage the condition isn't the best way to encourage lasting change. Maintaining and sustaining healthy lifestyle habits is the key to keeping serious health risks, like heart attack, stroke and heart failure, at bay.

The Hypertension Management solution from Teladoc Health empowers members to manage their blood pressure with an easy-to-use program that records progress and provides personalized support powered by clinical expertise and data science.

The impact of hypertension

47%

OF ADULTS IN THE U.S. HAVE HYPERTENSION²

3.5x

HIGHER RISK OF HEART FAILURE FOR INDIVIDUALS WITH HYPERTENSION³

\$131B

SPENT PER YEAR ON HIGH BLOOD PRESSURE⁴

Enterprise support



Dedicated implementation and success teams



Member communications and support



Reporting on engagement outcomes



Continuous motivation for proven outcomes

Teladoc Health offers actionable and personalized motivation to support people trying to make lasting behavior change.

- **95%** member retention rate at 6 months⁵
- Nearly half of activated members check blood pressure more than once a week, which is connected with better outcomes⁶

Key features

Connected devices

- **Connected blood pressure monitor** to empower self-monitoring
- **Food and activity tracking** helps build better lifestyle habits

Personalized support

- **Action plan** guides members based on health goals
- **HealthNudges™** deliver calls to action when people are most receptive

Expert coaching

- **1:1 access** to credentialed and experienced coaches following evidence-based practices
- **Medication support** to address members' barriers to adherence

Measurable clinical outcomes

13-point

AVERAGE SYSTOLIC BLOOD PRESSURE REDUCTION AFTER ONE YEAR⁷

88%

OF MEMBERS MAINTAINED OR IMPROVED BLOOD PRESSURE CONTROL AFTER ONE YEAR⁸

\$58

PER PARTICIPANT PER MONTH SAVINGS⁹

¹Centers for Disease Control and Prevention, Facts About Hypertension

²Ibid.

³Kannel WB. "Blood pressure as a cardiovascular risk factor: prevention and treatment." JAMA. 1996;275(20):1571-1576.

⁴Kirkland EB, Heincelman M, Bishu KG, et. al. "Trends in healthcare expenditures among US adults with hypertension: national estimates, 2003-2014." J Am Heart Assoc. 2018;7:e008731.

⁵Data on file. (DS-9596, 2022)

⁶Data on file. (DS-12600, 2022)

⁷Data on file. (DS-8290 for members starting in Stage 2, 2021)

⁸Data on file. (DS-12600 at one year client tenure, 2022)

⁹Based on HTN ROI model, white paper available upon request.

LEARN MORE: TeladocHealth.com | engage@teladochealth.com

About Teladoc Health: Teladoc Health is empowering all people everywhere to live healthier lives by transforming the healthcare experience. Recognized as the world leader in whole-person virtual care, Teladoc Health leverages clinical expertise, advanced technology and actionable data insights to meet the evolving needs of consumers and healthcare professionals.

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HEALTH