



\$0  
cost to you

# Weight management, *your way*

Weight management can be easier. With support from experts, Teladoc Health will help you build healthy habits that last (and make stepping on the scale easier too). 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 [Teladoc.Health.com/Begin/MICATHOLIC](https://Teladoc.Health.com/Begin/MICATHOLIC)  
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.

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/MICATHOLIC](https://TeladocHealth.com/Bienvenido/MICATHOLIC)

Livongo is now part of Teladoc Health, and we are in a brand transition phase. You may receive Livongo-branded and Teladoc Health-branded products during this transition. Other than brand name, there is no difference between products.

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