

BELIEVE IN "TEAM YOU"

Reach your health goals with expert coaching



Reaching your health goals is a daily journey, and Teladoc Health is here to help you **every step of the way.**

Coaches can help you:

- Determine what works for you, your body and your lifestyle.
- Map out your journey to a healthier, happier you.
- Find motivation to bounce back after challenges.
- Stay focused on the right path.
- Be accountable.
- Find solutions.
- Celebrate every win along the way.



By working with your health data, your coach personalizes your sessions. If you need an exercise strategy, meal planning, stress-relief tips or more, your coach is there for you.

Consider Condition Management from Teladoc Health.

“My coach knows me. She knows my history. She knows my issues. She knows what I like to do and what I don't like to do. She makes me accountable in a professional way.” Rick S.

Get started with Teladoc Health today

Visit **TeladocHealth.com/smile/WMU** or call **800-835-2362** or download the app

Use your registration code: WMU

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/WMU

The testimonials, statements and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid. Program includes trends and support on your secure Teladoc Health account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Teladoc Health app to participate in the Teladoc Health program. © Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.