



Hypertension Management program

Getting healthy is easier with a little help.

Your Blue Cross Blue Shield of Michigan or Blue Care Network health plan includes a Hypertension Management program. We work with Teladoc Health[®] to offer this program to you at no additional cost.

The program includes easy-to-use tools and personal support to help you stay on track with your doctor's care plan and make lifestyle changes to improve your health.

Uncomplicate your care

Reduce your cost for care and conveniently manage your hypertension in one place with the Teladoc Health app and these resources:



Connected blood pressure monitor



Goal-based action plans



Digital reports



Nutrition tips and advice from expert coaches

These resources are available at no extra cost.

Whole-person care

In some cases, hypertension is accompanied by other chronic conditions. That's why the program includes support for related concerns, such as:

Weight challenges

Receive a smart scale and one-on-one coaching.

Mental health

Use our self-guided digital resiliency tool.

To enroll, call
1-800-835-2362.
Your registration code is
BLUECROSSMI-START.
Or scan the QR code
to enroll online.

