

Take Control of Your High Blood Pressure or Type 2 Diabetes

Louisiana Cat offers you Ochsner Digital Medicine, a program to manage your **high blood pressure** or **Type 2 diabetes** with support and monitoring from home.

Who is eligible to participate?

Louisiana Cat health plan members and their dependents with a smartphone or tablet and existing diagnosis of high blood pressure and/or Type 2 diabetes.

How does the program work?

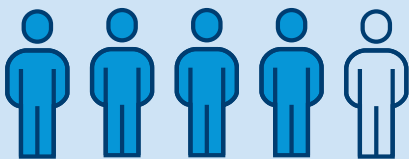
- Take readings with a blood pressure cuff or glucometer using your smartphone or tablet
- A licensed clinician monitors your readings and helps make sure you're on the right medications
- Receive professional health coaching to help you make changes for a healthy lifestyle

What does the program cost?

The program is **completely covered** by the Louisiana Cat health plan.*

Does this program replace my physician?

No. The Digital Medicine program works with your provider to manage your chronic condition(s).



4 out of 5 participants
reach their health goals in 6 months



To join the program, visit
ochsner.org/LouisianaCat-health

