

# Take Control of Your High Blood Pressure or Type 2 Diabetes



Aisha Walker  
Program Participant

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

## How the Program Supports You:



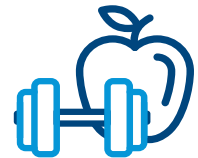
Devices to take readings from home using your smartphone or tablet



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



A team monitors your readings and helps make sure you're on the right medications



Professional health coaching helps you make changes for a healthy lifestyle

This program is completely covered by the Louisiana Cat health plan\*



To join the program, visit [ochsner.org/join-LouisianaCat](https://ochsner.org/join-LouisianaCat)



\*Clinical restrictions may apply.