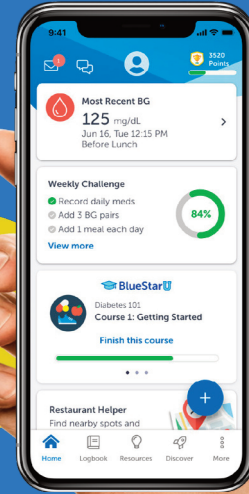


# Feel more confident in your health

At no additional cost to you, **US Family Health Plan** and Welldoc have partnered to offer a suite of apps to help you manage your health. Download today!



## Get BlueStar for diabetes

Reach your diabetes health goals through BlueStar's real-time feedback, resources, and reports.

Scan this QR code to download the BlueStar Diabetes app.

You can download the "BlueStar Diabetes" app from the iTunes App Store or Google Play Store. Enter access code: **DM4U** to complete registration.



## Download BPStar for high blood pressure

The blood pressure coach helps you reach your goals with coaching, education, motivation, and accountability.

Scan this QR code to download the BPStar app.

You can download the "BPStar" app from the iTunes App Store or Google Play Store. Enter access code: **BPM4U** to complete registration.



## HFStar supports you with heart failure

This unique app gives real-time heart-healthy coaching and has a symptom tracker.

Scan this QR code to download the HFStar app.

You can download the "HFStar" app from the iTunes App Store or Google Play Store. Enter access code: **HEART4U** to complete registration.



BlueStar is indicated for use by patients aged 18 and older who have type 1 or type 2 diabetes and their health care providers. BlueStar is not intended to replace the care provided by a licensed health care professional. BlueStar should not be used by patients with gestational diabetes or patients using an insulin pump. Contact Welldoc for complete labelling.

BPStar is intended to promote, track, and encourage healthy choices among individuals with existing diagnoses of hypertension (high blood pressure). BPStar is not intended for diagnosis or treatment and does not replace a physician's judgement in any way.

HFStar is intended to promote, track, and encourage healthy choices among individuals with existing diagnoses of heart failure. HFStar is not intended for diagnosis or treatment and does not replace a physician's judgement in any way.