

# Aduro Connect Care

## Diabetes & Hypertension

Whether you're looking to go beyond diabetes management or improve your heart health, we have personalized programs to help you every step of the way.



### Continuous Monitoring and Support

Utilize passive data syncing to your Wellness Worx account through Apple Health or Google Fit for continuous monitoring of blood sugar or blood pressure. Participants in the Diabetes program may also have the opportunity to wear a free **Continuous Glucose Monitor (CGM)** for 30–90 days to see how your lifestyle impacts your blood sugar.



### Meet and Chat With a Dedicated Coach

Work with a personal coach who will help you change your habits and achieve your goals.



### Exclusive Workshops

Our coach guided workshops cover a variety of topics you care about from meal planning to stress management.



### Access On-Demand Tools and Resources

24/7 access to a library of expert-approved tools and resources that you can access on your phone and on the web.



## Getting Started

Scan the QR code to create a Wellness Worx account or log in to your existing account, then click on the Connect Care tile in the featured section of the home page to complete the enrollment survey.