

A LONG-TERM SOLUTION

Turn the tables on diabetes

The Diabetes Management program can help you maintain your blood sugar levels for **better overall health**.

Normal blood sugar is
80-130 mg/dL¹
before meals

After meals, it should
still be less than

180 mg/dL¹

Where do you fall?

The highs and lows of blood sugar

When you have diabetes, it's important to track your blood sugar regularly. By monitoring, you can:

- See if your lifestyle choices are working
- Get immediate feedback
- Collect data your Livongo team can use to help you

Manage your overall health

- Take your medicine
- Eat a balanced diet
- Stay active
- Get enough sleep
- Check your blood sugar



The Diabetes Management program from Livongo provides the support and tools you need to help you reach your health goals. This program can help you get your blood sugar levels under control, which is pretty sweet.



I've got all these great tools. You have the ability to download and have access to all your records. It's really good. I wish I would have started using it a lot longer ago." John S.

Get started with Livongo today

Visit **Join.Livongo.com/MASSBANKERS/Register** or call **800-945-4355** or download the app
Use your registration code: **MASSBANKERS**

¹<https://medlineplus.gov/bloodglucose.html>

Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite [Hola.Livongo.com/MASSBANKERS](https://www.Hola.Livongo.com/MASSBANKERS)

The testimonials, statements and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid.

Program includes trends and support on your secure Livongo account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo program.

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