

\$0
cost to you



Start small, think big for your health

You can achieve the healthy future you've imagined. Whether you're looking to eat better, exercise more or better manage an ongoing condition, Livongo is here to support you.

Create lifelong habits with the Diabetes Management program:

- A smart blood glucose meter for real-time health insights
- Unlimited strips and lancets shipped to your door at no cost to you
- Expert coaches to partner with you on your health journey
- Personalized support for out-of-range readings

You may also be eligible for additional tools and devices, depending on your health needs:

- A smart blood pressure monitor—and, if eligible, a connected scale
- Mental health tools that can help you in the moment and for a lifetime
- Easy access to your readings and progress
- Expert-created strategies to develop healthy habits

Get started

Text **"GO"** to 85240 to learn more and join
You can also join by visiting **Well.Livongo.com**
or call **800-945-4355**

To enroll in Livongo, you must opt in to at least one program that your plan sponsor offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Livongo program is not offered by your plan sponsor, or if you do not meet the specific health criteria of that program, you will not be able to enroll.

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](https://www.hola.livongo.com)

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