



Diabetes prevention, *your way*

A healthier future is closer than you think. Work with expert coaches to create a plan that fits into your lifestyle. Plus, it's available at no cost to you.

Discover tools and techniques that work for you



An advanced
smart scale



One-on-one
health coaching



Activity and
food tracking



Personalized plans
that fit your lifestyle

Get started

Join by visiting **Strong.Livongo.com**
or call **800-945-4355**

Program includes trends and support on your secure Livongo account and mobile app but does not include a phone, tablet or smartwatch.

Those who are pregnant, have diabetes or have a BMI that's lower than the program minimum may not qualify for the Livongo program.

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)

Livongo is now part of Teladoc Health, and we are in a brand transition phase. You may receive Livongo-branded and Teladoc Health-branded products during this transition. Other than brand name, there is no difference between products.

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