



Hypertension Management program

Heart health that lasts

You can achieve the healthy future you've imagined. Whether you're looking for exercise tips, simpler medication management or support for an ongoing condition, Livongo has the tools to help.

Develop healthy habits that last with the Hypertension Management program:

- A smart blood pressure monitor that connects directly to your app
- Easy access to proven tools and expert advice
- 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:

- Mental health tools that can help you in the moment and for a lifetime
- A smart scale and easy access to your readings and progress
- Expert-created strategies to develop healthy habits that stick

Get started

Text **"GO"** to 85240 to learn more and join
You can also join by visiting **Easy.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)

© Teladoc Health, Inc. All rights reserved. Teladoc Health marks and logos are owned by Teladoc Health, Inc. All programs and services are subject to applicable terms and conditions.