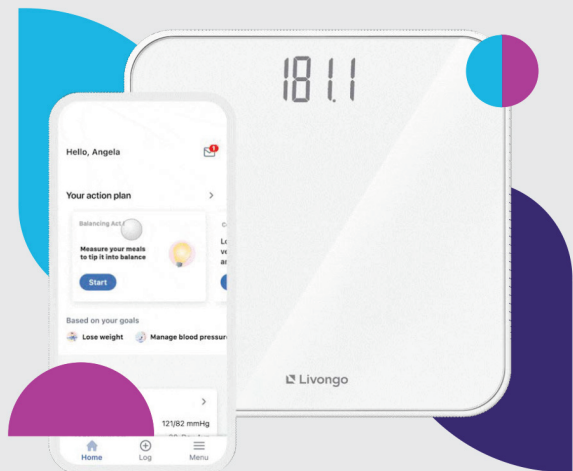


Weight Management: What to know about this benefit



Did you know that people who are overweight or obese on average end up paying 38% more in medical costs?¹

Your benefit can help you avoid those costs through the Weight Management program, which doesn't cost you anything. You get support to help improve your weight loss, nutrition, exercise, sleep and stress at no cost to you.

Losing 5% to 10% of your total body weight is likely to improve blood pressure, blood cholesterol and blood sugar levels.²

Forty-six percent of Weight Management participants lost 5% or more of their starting weight. This program can help you overcome your weight-loss challenges through a relationship with a certified health coach. They provide you with easy-to-follow, personalized plans that help you live healthier.³

- **What is the program?** The Weight Management program connects you with a certified health coach who helps make living healthy and tackling your weight challenges easier. They give guidance on healthy habits so you can make healthy choices that line up with your tastes, lifestyle and goals. You will get personalized tips and techniques for you to improve your nutrition, exercise, weight loss, sleep and stress.
- **What resources do you receive?** The program doesn't cost you anything, and coaches work with you to provide personalized plans to help you live your healthiest life possible. It helps you lose weight and provides you with a connected scale to automatically track your progress. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** You can either download the Livongo app, call 800-945-4355 or visit the website by scanning the QR code below. You will start the process by answering a few simple questions about your health to see if you qualify. After you join, you will be mailed a Welcome Kit with instructions on how to get started.

Call 800-945-4355

Visit Healthy.Livongo.com

Download the app  



¹<https://doi.org/10.1371/journal.pone.0247307.t001>

²https://www.cdc.gov/healthyweight/losing_weight/

³Teladoc Health data