



# Diabetes Awareness Month

2024 Member Engagement Toolkit



# November Diabetes Awareness Month

**1 in 10**

Americans are affected  
by diabetes<sup>1</sup>

**1 in 3**

Americans are living with  
prediabetes<sup>1</sup>

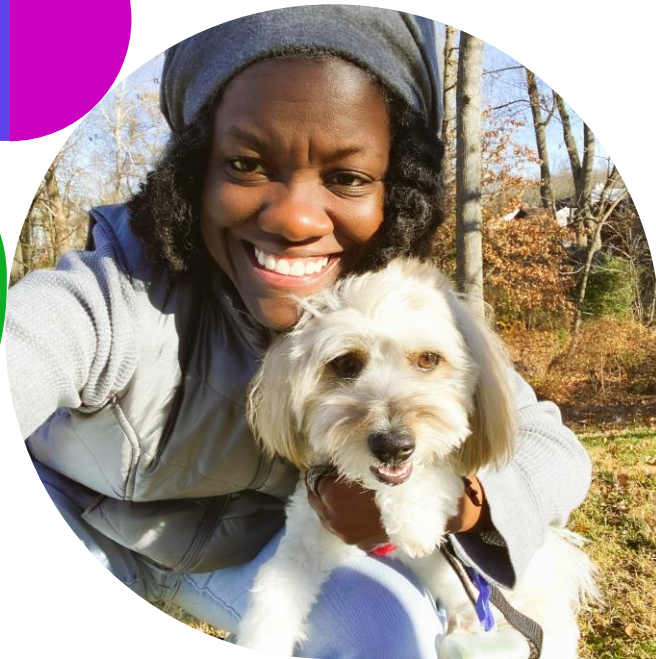
**80%**

of people with prediabetes  
don't realize they have it<sup>2</sup>

<sup>1</sup><https://www.cdc.gov/diabetes/library/features/diabetes-stat-report.html>  
<sup>2</sup><https://www.cdc.gov/diabetes/basics/diabetes.html>

We're here to support you and those you serve for Diabetes Awareness Month and World Diabetes Day (Nov. 14<sup>th</sup>).

- Video testimonials
- Plan Sponsor materials on the Engagement Center
  - The Engagement Center materials shown are for those offering the Diabetes Management or Diabetes Prevention Programs
- Blog posts
- Organic social media posts



# **Video Testimonials**

# Diabetes Prevention program (DPP)

TESTIMONIAL VIDEOS ON VIMEO

Teladoc Health offers a series of DPP videos in both Teladoc Health and Livongo branding.

Videos can be downloaded from Vimeo by accessing the links below. 60 sec videos also available on the Engagement Center.

Alicia



Livongo

[link](#)

[link](#)

[link](#)

15 second video

30 second video

60 second video

Barb



Livongo

[link](#)

[link](#)

# Diabetes Management program (DM)

TESTIMONIAL VIDEOS ON VIMEO

Teladoc Health offers a series of DM videos in both Teladoc Health and Livongo branding.

Videos can be downloaded from Vimeo by accessing the links below. 60 sec videos also available on the Engagement Center.

Howie



Livongo

[link](#)

[link](#)

[link](#)

15 second video

30 second video

60 second video

Manny



Livongo

[link](#)

[link](#)

[link](#)

# Diabetes Management program (DM)

ADDITIONAL TESTIMONIAL VIDEOS ON THE ENGAGEMENT CENTER



Miguel

Miguel explains how he has found a new inspiration to take care of his blood sugar and blood pressure. He claims that the program feels like a family.

[Spanish Link](#) [English Link](#)



Scott

Scott is a member of the Diabetes, Weight Management and Hypertension programs

[Link](#)



# **Engagement Center Resources**

## Please Note:

The Engagement Center assets featured on the following pages promote the Diabetes Management and Diabetes Prevention Programs. If you do not offer one or both programs to your population, you will not see them once logged into the Engagement Center.

What you see on the Engagement Center is specific to the services and programs you currently offer.



# Plan Sponsor Resources on the Engagement Center\*

## FLYERS & POSTERS

- [Diabetes Prevention Simplified flyer](#) (English/Spanish)
- “Diabetes Prevention Program Can Help You” [flyer](#) and [poster](#)
- [Diabetes Simplified Flyer](#) (English/Spanish)
- [Diabetes Flyer – Real People Real Results](#)
- [Build-Your-Own 2-product flyer](#) – select Diabetes Management and/or Diabetes Prevention as the products to feature
- [Chronic Care Management Coaching flyer](#)

Send digitally or use our FREE bulk printing option!

**BELIEVE IN "TEAM YOU"**  
**Reach your health goals with expert coaching**

**\$0**  
cost to you

**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/EXAMPLE/Register](#) or call **800-945-4355**

Send on the right path.  
ntable.  
ions.  
every aim along the way.

essions. If you need an exercise strategy,  
if you.

y issues. She knows what I like to  
in a professional way." Rick S.

**go today**  
**45-4355** or download the app  
MPLE

Program includes meals and support on your phone. Livongo content and mobile app both available on iOS and Android. Program includes meals and support on your phone. Livongo content and mobile app both available on iOS and Android. Program includes meals and support on your phone. Livongo content and mobile app both available on iOS and Android.

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# Plan Sponsor Resources on the Engagement Center\*

EMAILS, DIGITAL DISPLAYS, LIFESTYLE CONTENT AND MORE

- [Build Your Own Awareness email](#) – feature Diabetes Management and/or Diabetes Prevention programs (Plus programs also available)
- [Diabetes Digital Display](#) and [Prediabetes Digital Display](#)
- [Jumpstart your Diabetes Management video](#)
- And more [Diabetes Prevention](#) and [Diabetes Management](#) assets available!
- [November Care Kit](#) includes a focus on:
  - Taking steps to prevent diabetes
  - Healthy air fryer recipes with BONUS recipe card
  - How a little healthy competition is good for you

**Teladoc HEALTH**

**Personalized condition management made easy**  
Access support from anywhere

Do you get the most out of your benefits. Did you know you can access personalized support to help eligible members manage chronic conditions?

At no cost to you through one-on-one coaching, smart tools to take control of your nutrition and fitness.

[Check my eligibility](#)

Already registered? [Sign in now](#)

**Diabetes Management**  
Access convenient personalized support to manage diabetes. Get a connected blood glucose meter, unlimited strips and lancets, expert coaching and health tips. You'll also receive a summary report of your overall health. All at no cost to you.

**Diabetes Prevention Program**  
You can have prediabetes for years—without any symptoms. Reduce your risk with expert coaching and a smart scale, and track your food and nutrition online in one place. All at no cost to you.

**Teladoc HEALTH**

**Diabetes management, simplified**

We're now offering the Diabetes Management program to you. It's covered 100% by:

**Sign up and receive all this (and more!):**

- A connected blood glucose meter (5,200 value)
- Unlimited strips and lancets at no cost to you
- One-on-one coaching, action plans and tips when you need them
- 24/7 real-time support for out-of-range readings


**Get started**  
Join by visiting [TeladocHealth.com/Register](https://TeladocHealth.com/Register) or call 800-835-2362

1. Setup your blood sugar meter
2. Check your blood sugar often
3. Schedule a coaching session
4. Download and use our app

# Plan Sponsor Resources on the Engagement Center\*

If you're looking to provide additional information on our Diabetes Management and/or Diabetes Prevention programs, these are great resources

**Diabetes Prevention Program: What to know about this benefit**





Did you know that, on average, people who have been diagnosed with diabetes have to pay over twice as much in medical costs than if they did not have diabetes?<sup>1</sup>


Your benefit can help you avoid those costs through the Diabetes Prevention Program. You get support with smart devices, expert coaches and easy-to-follow, personalized plans.

**133 million Americans live with diabetes or prediabetes, but 84% of them don't know they have it yet.<sup>2</sup>**

The Diabetes Prevention Program is available to you through our benefits and can help if you might be at risk of getting type 2 diabetes. The program lets you get ahead of diabetes with medically certified content, activity tracking and ongoing coaching.

- **What is the program?** The Diabetes Prevention Program is for people who are at risk of getting type 2 diabetes and is based on clinical standards of care from the Centers for Disease Control and Prevention (CDC).
- **What resources do you receive?** The program doesn't cost you anything and provides personalized plans so you can live your healthiest life possible. It helps you lose weight and provides you with a connected scale to automatically track your progress. You also have the option to work with a certified health coach for more guidance. 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  
Strong.Livongo.com/EXAMPLE  
Download the app  



<sup>1</sup>https://www.cdc.gov/diabetes/about/diabetes-statistics.html#diabetes-report  
<sup>2</sup>https://www.cdc.gov/diabetes/about/diabetes-statistics.html#diabetes-report  
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EXAMPLE CM-099-106-000-01\_202105\_N\_03002\_PC

[link](#)

**Diabetes Management: What to know about this benefit**



Did you know people who have been diagnosed with diabetes spend about \$17,000 each year on medical expenses? Out of that \$17,000, over \$9,500 is for diabetes treatment.<sup>1</sup>

The Diabetes Management program that is part of our benefits can help you save this money because you do not have to pay for anything. You get support for your diabetes with smart devices, expert coaches and easy-to-follow, personalized plans.

**Diabetes is the eighth leading cause of death in the U.S.<sup>2</sup>**

Through our benefit, you could qualify for help with your diabetes at no cost to you. The Diabetes Management program gives you personalized tools and support to track your blood sugar levels and develop healthier lifestyle habits.

- **What is the program?** The Diabetes Management program supports people diagnosed with type 1 or type 2 diabetes and helps make living with diabetes easier. The program team works with you to provide personalized plans so you can live your healthiest life possible.
- **What resources do you receive?** The program gives you a connected meter and Unlimited strips and lancets. If members of the program team see that your glucose levels go out of range, they'll reach out to you within 5 minutes to get you the support you need.<sup>3</sup> You also have the option to work with a certified health coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** Getting registered for the Diabetes Management program is easy and only takes a few minutes. 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 for the program. If you do qualify, you will be mailed a Welcome Kit with instructions on how to get started.

**Call 800-945-4355**  
Visit  
Join.Livongo.com/EXAMPLE  
Download the app  



<sup>1</sup>https://www.ahrq.gov/programs/clinical-utilities/diabetes-costs.html#diabetes-costs  
<sup>2</sup>https://www.cdc.gov/diabetes/about/diabetes-statistics.html#diabetes-report  
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<sup>3</sup>95% of all calls occur within 5 minutes per standard service-level agreements, all calls are completed within 15 minutes.

EXAMPLE CM-099-106-000-01\_202105\_N\_03002\_PC

[link](#)

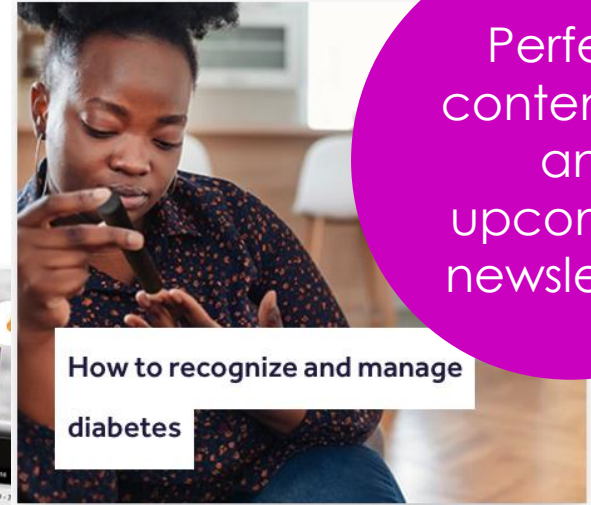


# **Blog Content**

# Blog Content

TELADOC HEALTH – HEALTH TALK BLOG AND LIBRARY RESOURCES

- [What is prediabetes? Awareness is vital for your health](#)
- [How diabetes affects your body](#)
- [Diabetes and mental health – what you need to know](#)
- [How to recognize and manage diabetes](#)
- [6 skin care tips for people with diabetes](#)
- [Barb takes control over her diabetes](#)
- [How Howie was able to turn the table on diabetes](#)
- [Festive holiday drinks that are low in sugar](#)
- [Cut back on sugar for your health](#)
- [Age healthier: 5 habits to help prevent chronic conditions](#)



Perfect content for an upcoming newsletter!

How to recognize and manage diabetes



How diabetes affects the body



What is prediabetes? Awareness is vital for your health



Age healthier: 5 habits to help prevent chronic conditions



# **Social Media**

# Using organic social media to promote awareness

Throughout the month of November, we will be posting content on our social media channels to promote Diabetes Awareness Month.

Follow us to re-share our posts with your network!

**Teladoc Health:**

**Livongo by Teladoc Health:**



[Facebook](#)

[Facebook](#)



[Instagram](#)

[Instagram](#)

# Thank you

