

Virtual healthcare programs to help you live well

Get support for conditions
with personalized
guidance and care plans.



Diabetes Management

A personalized way to manage diabetes.

- Receive a connected blood glucose meter
- Unlimited strips and lancets
- Tips, action plans and one-on-one coaching
- Real-time support for out-of-range readings

Diabetes Prevention Program

Reduce your risk of type 2 diabetes.

- Team of expert coaches to support you
- Receive a smart scale that syncs to the app
- All-in-one weight, activity and food-tracking program

Hypertension Management

Make managing your blood pressure easier.

- Receive a connected blood pressure monitor
- One-on-one support from expert coaches
- Personalized tips on nutrition and activity

myStrength Plus

Dedicated support and coaching for stress,
depression, sleep and more.

- Live sessions with a certified coach
- Personalized plan tailored to your needs
- Activities and content designed for you
- Tools to help reduce stress in the moment

Program eligibility varies. Visit our website to learn more.

Enroll now

Visit Go.Livongo.com/BCNC2/register or call **800-945-4355** and use registration code:
BCNC2.

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/BCNC2

Program includes trends and support on your secure Livongo account and mobile app but does not include a phone or tablet. You must have an iPhone or Android smartphone and install the Livongo app to participate in the Livongo program.

This program is offered at no cost to you by your health plan or employer.

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