

Virtual healthcare programs to help you live well

Get support for conditions
with personalized
guidance and care plans.



New

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

New

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

New

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

New

Weight Management

Improve nutrition, exercise and weight loss.

- Receive an advanced smart scale
- Personalized action plan
- Ongoing expert coaching
- Full nutrition, exercise and weight-loss support

Program eligibility varies. Visit our website to learn more.

Join now

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

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/BCBSIL-HEALTH](https://www.livongo.com/BCBSIL-HEALTH)

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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