

Livongo for Diabetes Program

If you're enrolled in the PPO or EPO, your benefits include the Livongo for Diabetes Program. This free program combines the latest technology with coaching to help individuals with diabetes manage their condition.

You and your covered spouse and children may participate in the Livongo for Diabetes Program.

When you register for Livongo, you'll receive all this — and there's no cost to you:

- **An advanced glucose meter (\$200 value).** Your Livongo meter automatically uploads blood glucose readings to your private account. With each reading, you receive a personalized message to help you make informed choices for your health. You can also view trends of past readings at any time.
- **Unlimited test strips and lancets.** You can get as many strips and lancets as you need at no cost to you. When you need more strips, tap the meter to reorder and a new supply will be shipped to you.
- **Access to a Livongo health coach.** Livongo's experienced coaches, all Certified Diabetes Educators, are available to support you 24/7 and answer your questions about blood glucose readings, nutrition, or lifestyle changes. You also can schedule phone appointments or get expert advice by email or text message.

Additional benefits from Livongo include

- real-time support if a reading is out of range;
- the ability to send data from your meter directly to your doctor; and
- optional family alerts.

To learn more and to register, [visit the Livongo website](#), or call Livongo Member Support at 800-945-4355 and mention code BOP.