

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.

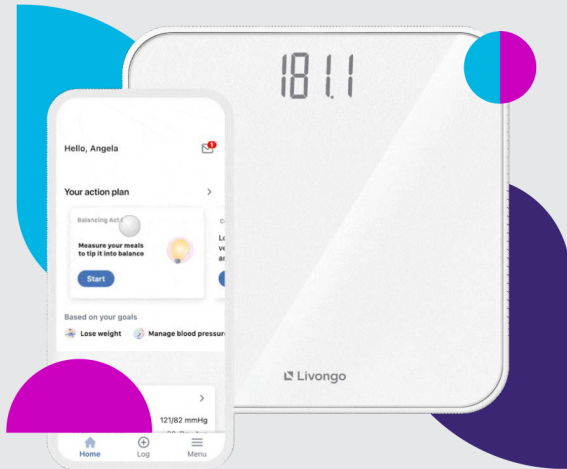
Las comunicaciones del programa Livongo están disponibles en español. Al inscribirse, podrá configurar el idioma que prefiera para las comunicaciones provenientes del medidor y del programa. Para inscribirse en español, llame al 800-945-4355 o visite Hola.Livongo.com/BCBSIL-HEALTH

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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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?¹

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.²

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

Download the app  | 



¹<https://www.diabetes.org/about-us/statistics/cost-diabetes>

²<https://www.diabetes.org/newsroom/official-statement/2022/ada-statement-regarding-updated-national-statistics-report>

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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.¹

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.

In 2019, diabetes was the seventh-leading cause of death in the U.S.²

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 15 minutes to get you the support you need. 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.

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Visit

Join.Livongo.com/BCBSIL-HEALTH

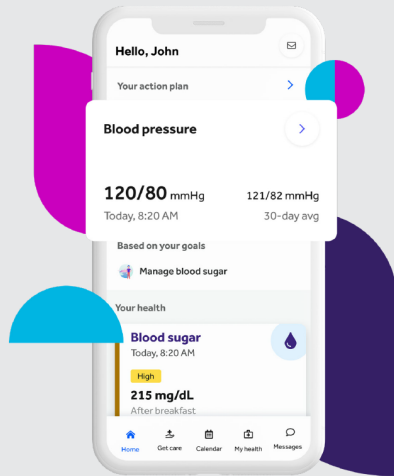
Download the app  | 



¹<https://www.diabetes.org/about-us/statistics/cost-diabetes>

²<https://www.diabetes.org/about-us/statistics/about-diabetes>

Hypertension Management: What to know about this benefit



Did you know people with high blood pressure or hypertension pay almost double for outpatient medical expenses compared to people who do not have hypertension?¹

The Hypertension 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 high blood pressure with smart devices, expert coaches and easy-to-follow, personalized plans.

If high blood pressure or hypertension is not managed in the right way, it could lead to stroke, vision loss, heart failure, heart attack, kidney disease/failure or even sexual dysfunction.²

The Hypertension Management program is available at no cost to you. Through daily tracking and support, the program helps you discover lifestyle changes that can reduce your blood pressure.

- **What is the program?** The Hypertension Management program helps make living with high blood pressure easier. Members of the program team work with you to provide personalized plans so you can live your healthiest life possible.
- **What resources do you receive?** The program provides you with a connected blood pressure monitor. This gives you access to personalized information to help you manage your condition better. You also have the option to work with a coach for more guidance. If you prefer to receive support in Spanish, this option is available to you.
- **How can you get started?** To 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 for the program. If you successfully enroll, you will be mailed a Welcome Kit with instructions on how to get started.

Call 800-945-4355

Visit

Ready.Livongo.com/BCBSIL-HEALTH/Now

Download the app  



¹<https://newsroom.heart.org/news/adults-with-high-blood-pressure-face-higher-healthcare-costs?preview=72e1>

²<https://www.heart.org/en/health-topics/high-blood-pressure/finding-high-blood-pressure-tools--resources/blood-pressure-fact-sheets>