

## **Livongo for Diabetes Management**

Livongo makes it easy for you to take charge of your health and manage your diagnosed diabetes – at no cost to you!

Eligible employees enrolled in an Ensign BCBSTX health plan can benefit from the Livongo program that combines a connected glucose meter with support from a personal expert coach. Features of Livongo include:

- Personalized insights using a cellular-enabled blood glucose meter.
- Free unlimited test strips and lancets delivered right to your door.
- Real-Time Support 24/7/365. And, when readings are out of range, a Diabetes Response Specialist will call or text within minutes.
- Personal expert coach.
- Plus, you can share health reports with doctors and set alerts to notify family and friends after an out-of-range reading.

To learn more or get started, text GO BCBSTX-HEALTH to 85240, visit [TeladocHealth.com/Begin/BCBSTX-HEALTH](https://TeladocHealth.com/Begin/BCBSTX-HEALTH) or call 1-800-835-2362 and use registration code BCBSTX-HEALTH.