

LIVONGO MEANS

# Living the healthier life I want.



**COST-FREE  
PROGRAMS**



**ADVANCED  
TECHNOLOGY**



**ENCOURAGING  
COACHING**



**\$0**  
per month

## LIVONGO FOR DIABETES

Unlimited strips  
Connected glucose meter  
Personalized insights & more

## LIVONGO FOR HYPERTENSION

One-on-one coaching  
Connected monitor  
Real-time tips & more

## LIVONGO DIABETES PREVENTION

One-on-one coaching  
Connected scale  
Community support & more

**JOIN NOW AT [GO.LIVONGO.COM/PREMERAWA/REGISTER](https://go.livongo.com/premerawa/register)**

**OR CALL (800) 945-4355 WITH CODE: PREMERAWA**

The program is offered at no cost to Premera Blue Cross members and covered dependents who qualify for Livongo and coverage offered through your employer's sponsored Premera health plan.

***Solamente el programa Livongo para Diabetes está disponible en Español***

*Quando se registre, usted seteará el idioma de preferencia y luego el medidor y el programa estarán en Español.*

*Para registrarse en Español, llame al (800) 945-4355 o visite [go.livongo.com/premerawa/register](https://go.livongo.com/premerawa/register)*