

# Flexible programs to improve your health on your terms

Get support for conditions with personalized guidance and care plans.



## 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

## 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

## 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

## 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.

## Learn more and join

Visit [Go.Livongo.com/SBD-CIGNA/register](https://Go.Livongo.com/SBD-CIGNA/register) or call **800-945-4355** and use registration code: SBD-CIGNA.

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/SBD-CIGNA](https://Hola.Livongo.com/SBD-CIGNA)

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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