

# Livongo means Living healthier at no cost to you



An advanced blood glucose meter and blood pressure monitor, plus the support you need, 100% paid for by your employer or health plan.

### Diabetes Management

Connected meter  
Unlimited strips and lancets

### Hypertension Management

Connected monitor  
One-on-one coaching

### Livongo Healthy Living and Diabetes Prevention

Connected scale  
Expert guidance

### ...And more programs!

Health experts  
Personalized plans

## Get started

Text **"GO SBD-CIGNA"** to 85240 to learn more and join

You can also join by visiting [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 [bienvenido.livongo.com/SBD-CIGNA](https://bienvenido.livongo.com/SBD-CIGNA)  
Program eligibility varies. Visit our website to learn more.