

## Get Expert Diabetes Support Anytime

Your Livongo coach provides one-on-one support by phone, email, text, or mobile app to help you with questions about nutrition or lifestyle changes.

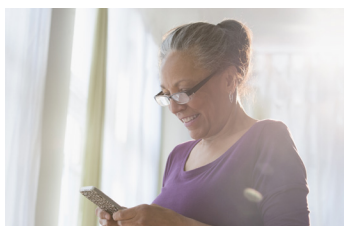


## It's all for you and on the house.



### **YOUR VERY OWN COACH**

Meet with your personal coach regularly to gain tips and tools to help you stick with it and succeed (motivation and virtual high-fives are included!).



### **ANYTIME ACCESS**

Our coaches are available 24/7. If your blood sugar is out of range, we'll offer guidance to help you get back on track.



### **A MEAL PLAN JUST FOR YOU**

Work with our Livongo coaches to create an individualized plan that includes the best foods for you, smarter snacks, and strategies for staying on target.

## Get started:

Text **"GO MERITAIN"**  
to **85240** to learn more & join

You can also join by visiting [join.livongo.com/MERITAIN/register](https://join.livongo.com/MERITAIN/register)  
or call **(800) 945-4355** and use registration code: **MERITAIN**

The program is offered at no cost to members and covered dependents with diabetes and coverage through the health plan.