



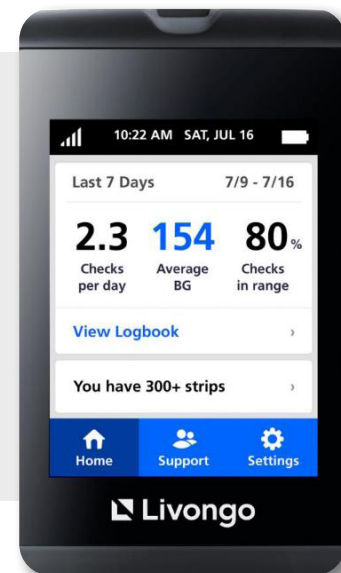
Diabetes Management Program



Livongo is a diabetes management program offering a personalized experience that helps you understand your blood sugar, develop healthy lifestyle habits and improve glycemic control. This program is available for you and your dependents with diabetes, at no additional cost!

With this program, you are supplied with:

- **A connected meter.** Your meter automatically uploads your blood glucose readings to your secure online account and provides real-time personalized tips.
- **Coaching support.** You are able to communicate with a coach anytime about diabetes questions concerning nutrition or lifestyle changes.
- **Unlimited strips at no cost to you.** When you are about to run out, we ship more supplies right to your door.



Benefits of Livongo

Livongo makes living with diabetes easier by offering:

- **Food and activity tracking.** This helps you recognize lifestyle habits.
- **24/7 remote monitoring.** This provides you with emergency outreach, if needed.
- **Optional family alerts.** This allows you to keep everyone in the loop.
- **Direct reporting.** You'll be able to send a health report directly from your meter.
- **Automatic uploads.** Your reporting will automatically be uploaded, eliminating the need for paper log books.

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Enroll today!

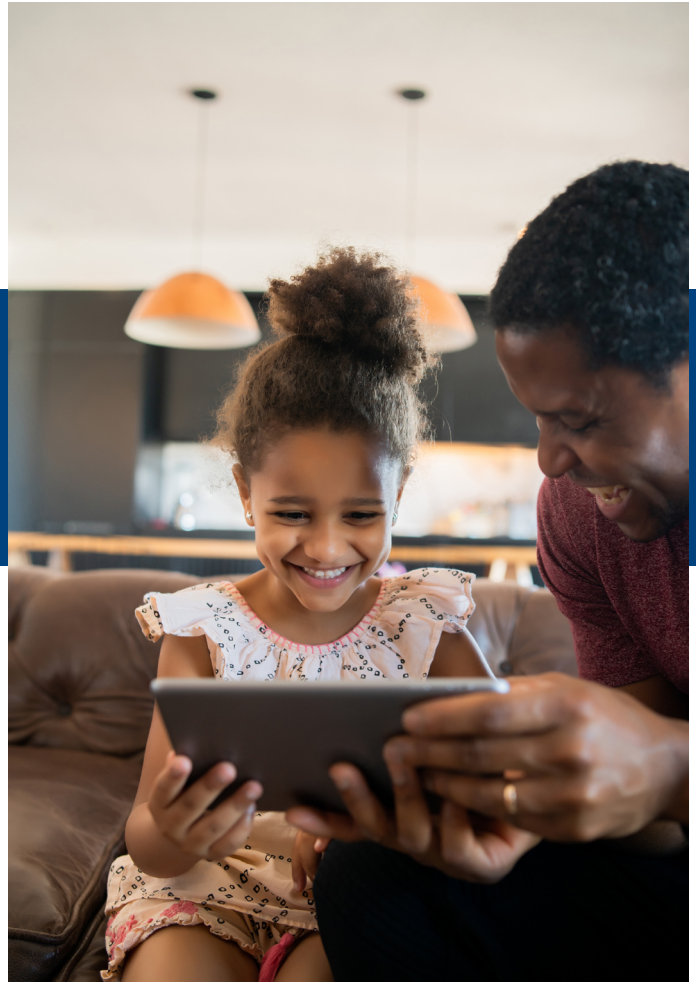
There are several ways to enroll. You can:

1. Enroll at join.livongo.com/MERITAIN/begin.
2. Text **GO MERITAIN** to **85240**.
3. Call **1.800.945.4355** and use code **MERITAIN**.

Questions?


We're here to help! If you have any questions, just call us at the number on the back of your ID card.

This flyer is for information and is not meant as medical advice. Health benefits plans contain exclusions and limitations. Not all health services are covered. See plan documents for a complete description of benefits, exclusions, limitations and conditions of coverage. Information is believed to be accurate as of the production date; however, it is subject to change.



Simple. Transparent. Versatile.

At Meritain Health®, we're creating unrivaled connections.

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