

Are you...

- Over the age of 45?**
- Needing help managing your weight?**
- Physically active less than 3x/week?**

If you answered **yes** to any of these questions, you might be prediabetic. But you're not alone.

80% of people with prediabetes don't realize they have it.*



The Diabetes Prevention Program can help you.

The Diabetes Prevention Program is a **clinically based approach** that focuses on • weight management and fitness • stress and sleep management • nutrition and meal planning.

Best of all, you'll get personalized support from our team of expert coaches. Plus, you'll have access to a library of online lessons to help you achieve your best results.

\$0
cost
to you

Program benefits:

- An advanced smart scale (\$99 value)
- Personalized meal plans
- One-on-one coaching
- Easy-to-use app
- Guidance on healthy habits

Here's how it works:

1. **Enroll in the program** to receive your Welcome Kit
2. **Download the app** to your smartphone, connect with a team of expert coaches and begin tracking your progress
3. **Complete helpful lessons**, log your meals and exercise, then share reports with your doctor

*<https://www.cdc.gov/nchs/data/nhsr/nhsr158-508.pdf>

Three easy ways to get started at no additional cost to you:

Text "GO RHODEISLAND" to 85240

Visit healthy.livongo.com/RHODEISLAND/register

Call 800-945-4355

Use your personal registration code RHODEISLAND



The Diabetes Prevention Program can help reduce the risk of type 2 diabetes. This program is not intended for and does not reduce the risk for type 1 diabetes or gestational diabetes. Those who are pregnant, have diabetes, or have a BMI that's lower than the program minimum may not qualify for the Livongo program.

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/RHODEISLAND.

The program is offered at no cost to employees, retirees and dependents that are enrolled in one of the State of Rhode Island Anchor medical plans and meet specific health criteria. You are receiving this notification because you may qualify for the program.

Livongo Health, Inc. (Livongo) is committed to keeping your health information safe and is a HIPAA (Health Insurance Portability & Accountability Act) compliant third-party provider. Livongo is an independent company that has contracted directly with Blue Cross & Blue Shield of Rhode Island (BCBSRI) to provide diabetes management, weight management and other health benefit programs for eligible BCBSRI members.

Blue Cross & Blue Shield of Rhode Island is an independent licensee of the Blue Cross and Blue Shield Association.

The Livongo program is a self-management program and does not replace medical care by a physician. Only members with certain conditions are eligible for these benefits. For more information, contact (800) 945-4355.

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