



Live healthier at no cost to you

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cost
to you

With the Diabetes Management program, get tools and support to track blood sugar levels and develop a healthier lifestyle.

The Diabetes Management program includes:

- A blood glucose meter that seamlessly connects to your mobile device
- Unlimited strips and lancets
- One-on-one coaching to manage nutrition activity and health goals
- Real-time support for out-of-range readings

You may also be eligible for additional tools and devices to help you live healthier, including:

- Connected blood pressure monitor to help track your numbers
- Smart scale to help achieve your weight goals and track progress over time
- Digital tools that support your mental health

Get started

Text **"GO RHODEISLAND"** to 85240 to learn more and join

You can also join by visiting [Well.Livongo.com/RHODEISLAND](https://www.Well.Livongo.com/RHODEISLAND)
or call **800-945-4355** and use registration code: **RHODEISLAND**



To enroll in Livongo, you must opt in to at least one program that Your Employer or health plan offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Livongo program is not offered by Your Employer or health plan, or if you do not meet the specific health criteria of that program, you will not be able to enroll.

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/RHODEISLAND](https://www.Hola.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.