



High blood pressure management, your way

\$0
cost to you

Get an advanced blood pressure monitor and the support you need, and your plan sponsor covers 100% of the costs.

Tools and techniques that work for you:

- Advanced blood pressure monitor
- Personalized insights
- One-on-one coaching
- Easy-to-use app & dashboard
- Guidance on healthy habits

Get started

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

You can also join by visiting **Ready.Livongo.com/RHODEISLAND/register** or call **800-945-4355** and use registration code: **RHODEISLAND**



Program includes trends and support on your secure Livongo account and mobile app but does not include a phone, tablet or smartwatch.

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.