



## Livongo® Whole Person and Weight Management Solutions



### Did you know?

On average, people with chronic conditions have more than one. Because of this, there isn't always a one-size-fits-all solution. And we understand that over time, having multiple chronic conditions can be costly. To help you manage these conditions, we're offering Livongo Whole Person Solutions free to all members and dependents on the health plan who have one or more of the following:

- Diabetes (Type 1 or Type 2)
- Pre-Diabetes
- Hypertension

### Livongo Whole Person Solutions

Livongo provides you with a more personalized and effective approach for managing multiple health challenges. You can easily find information on conditions like diabetes, prediabetes and cardiovascular diseases, and possible associated health complications. This program offers you a better, more effective way to manage your health.

### Benefits of Livongo Whole Person Solution

- **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 device.
- **Automatic uploads.** Your reporting will automatically be uploaded, eliminating the need for paper log books.

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**If you're not eligible for the Whole Person program, you may qualify for Livongo's Weight Management solution:**

## **Livongo Weight Management**

Livongo Weight Management helps you achieve your weight goals by offering support as you focus on healthy lifestyle changes. The program is open to adult members with a Body Mass Index (BMI) greater than or equal to  $\geq 25$ .

### **What's included?**

With this program, you'll have everything you need for creating long-lasting outcomes. Members have access to:

#### **Up-to-date tools for measuring progress**

- A cellular scale provides seamless weigh-ins.
- Food and activity tracking helps you better understand lifestyle habits.



#### **Personalized challenges**

- Lessons teach you strategies for healthy living.
- Health challenges drive you to make small changes that add up.



#### **Health coaching and support**

- Expert coaches are available for one-on-one coaching.
- Coach-led online meet-ups help you with support and accountability.



### **Enroll today**



Just text **GO MERITAINWP-WM** to **85240** to learn more and join.

You can also join by visiting [Healthy.Livongo.com/MERITAINWP-WM/register](https://Healthy.Livongo.com/MERITAINWP-WM/register), or by calling **1.800.945.4355** and use registration code: **MERITAINWP-WM**.



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