

# Livongo means Living healthier at no cost to you



An advanced blood glucose meter and blood pressure monitor, plus the support you need. Available to you and offered by your employer or health plan.

**Diabetes Management**  
Connected meter  
Unlimited strips and lancets

**Hypertension Management**  
Connected monitor  
One-on-one coaching

**Weight Management**  
Connected scale  
Expert guidance

**...And more programs!**  
Health experts  
Personalized plans

## Get started

Text **"GO BCBST-HEALTH"** to 85240 to learn more and join

You can also join by visiting [Be.Livongo.com/BCBST-HEALTH/register](https://Be.Livongo.com/BCBST-HEALTH/register)  
or call **800-945-4355** and use registration code: **BCBST-HEALTH**

To enroll in Livongo you must opt into at least one program that BlueCross BlueShield of Tennessee 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 BlueCross BlueShield of Tennessee, 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 [bienvenido.livongo.com/BCBST-HEALTH](https://bienvenido.livongo.com/BCBST-HEALTH)  
Program eligibility varies. Visit our website to learn more.