

We are excited to announce the Livongo Program, a new health benefit being offered at **no cost** to eligible AZLGEBT Medical Benefit Plan Members. The program offerings include Weight Management and Diabetes Prevention Programs, Hypertension Management Program, and Diabetes Management Program. Highlighted below are details about each program.



Weight Management & Diabetes Prevention Programs

- **Advanced Tracking Technology:** Receive a free smart scale that syncs to an easy-to-use mobile app, so you can track weight and activity all in one place.
- **Guidance on Healthy Habits:** Learn how to take simple but powerful steps to lose weight, eat healthy, sleep better, and live healthier.
- **Unlimited One-on-One Coaching:** Connect with a health coach to create a custom plan that works with your lifestyle. Get personalized advice on nutrition, meal plans, weight loss, and more to help you reach your goals.



Hypertension Management Program

- **Exclusive blood pressure monitor** that automatically sends readings to the Livongo app, so you don't have to write down a thing.
- **Coaching When You Need It Most:** Our health coaches provide answers to your questions, support on your weight loss journey, and tips on improving your health over time.
- **Safety and Security:** Your information is safe with us. View and access your records anytime on our member portal. Share it with your doctors when and if you want to.



Diabetes Management Program

- **New blood sugar meter** that uploads readings to your private account.
- **Unlimited strips and lancets:** While you are enrolled in this program, Livongo will ship the strips and lancets directly to your home.
- **Better diabetes monitoring:** Livongo's advanced meter provides personalized tips after each reading to support you with your diabetes management.
- **Expert support available 24/7:** Certified Diabetes Educators are available to you, on your terms. You can talk with them over the phone and from the comfort of your couch about anything from nutrition to lifestyle changes.

To learn more or join: welcome.livongo.com/AZLGEBT or call Livongo Member Support at (800) 945-4355 and have the registration code "AZLGEBT" ready.

El programa Livongo está disponible en Español: Cuando se registre, usted seteará el idioma de preferencia y luego el medidor y el programa estarán en Español. Para registrarse en Español, por favor llame al (800) 945-4355.

[Click here to watch a step-by-step video on how to register.](#)

For additional questions, please feel free to reach out to AZLGEBT@ecollinsandassociates.com.