Livongo by Teladoc Health

A LONG-TERM SOLUTION

Turn the tables on diabetes

The Diabetes Management program can help you maintain your blood sugar levels for **better overall health.**



Normal blood sugar is
80-130 mg/dL[1]
before meals

After meals, it should still be less than
180 mg/dL[1]

Where do you fall?

Track your blood sugar easily

When you have diabetes, it's important to track your blood sugar regularly. By monitoring, you can:

- See if your lifestyle choices are working
- Get immediate feedback
- Collect data your Livongo team can use to help you

A healthy lifestyle supports better diabetes management

- Take your medicine
- Eat a balanced diet
- Stay active
- Get enough sleep
- Check your blood sugar

The Diabetes Management program from Livongo provides the support and tools you need to help you reach your health goals. This program can help you get your blood sugar levels under control, which is pretty sweet.

> "I've got all these great tools. You have the ability to download and have access to all your records. It's really good. I wish I would have started using it a long time ago." John S.

Get started with Livongo today

Visit TeladocHealth.com/results or call 1-877-280-0624
(TTY: 1-855-636-1578) 24 hours a day, 7 days a week or download the app

We take your privacy seriously

Your health information is protected by federal and state laws, including HIPAA. Please see our Notice of Privacy Practices* for more information on how Teladoc Health uses your health information.

*https://www.teladochealth.com/legal/notice-of-privacy-practices

[1]https://medlineplus.gov/bloodglucose.html

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 1-877-280-0624 o visite TeladocHealth.com/resultados

The testimonials, opinions and statements reflect one member's personal experience with Teladoc Health. Results and experiences may vary from person to person. The testimonials are voluntarily provided and are not paid.

Program eligibility varies. Visit our website to learn more.

Livongo is now Teladoc Health, and we are in a brand transition phase. You may receive Livongo-branded and Teladoc Health-branded products during this transition. Other than brand name, there is no difference between products.

Program does not include a phone, tablet or smartwatch.

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