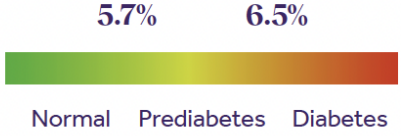
Livongo by Teladoc Health

Turn prediabetes into ‘prevent diabetes’

Without symptoms, it can be tough to tell when something is off with your health. It’s why 1 in 3 American adults have prediabetes—and don’t know it.[1] Luckily, the Diabetes Prevention Program can help reduce your risk of developing type 2 diabetes.



Your A1c results: what the numbers mean[2]



Small changes, big difference

Lifelong habits can be hard to change. But adopting a healthier lifestyle is the best way to reduce your risk of developing type 2 diabetes. The Diabetes Prevention Program can help you improve these key habits for ahealthier life:

- Eat a balanced diet
- Stay active
- Get enough sleep
- Manage stress

The Diabetes Prevention Program makes it easier to manage your health with:

- Connected devices that are easy to use
- One-on-one expert coaching
- Easy-to-follow lessons
- Personalized messages, nudges and tips

Whether you’re looking to eat better, exercise more or simply live healthier, the **Diabetes Prevention Program from Livongo** provides the support and tools you need to help you reach your health goals.

> “This is my life, and I want to enjoy it for as long as possible, free from preventable health issues. Knowing my numbers and monitoring my health daily has made a big difference.” Sylvia L.

Get started with Livongo today

Visit TeladocHealth.com/protect 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.

[1]https://www.niddk.nih.gov/health-information/health-statistics/diabetes-statistics
[2]https://diabetes.org/about-diabetes/a1c
*https://www.teladochealth.com/legal/notice-of-privacy-practices

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/proteger.

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.

The Diabetes Prevention Program can help reduce the risk of type 2 diabetes. This program is not intended for, and does not reduce the risk of, type 1 diabetes or gestational diabetes. Those who are pregnant, have diabetes or have a BMI that's lower than the program minimum may not qualify for the Diabetes Prevention Program.

Program eligibility varies. Visit our website to learn more.

Livongo is now part of 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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