Livongo
by Teladoc Health

UNDER PRESSURE

Understanding how hypertension affects you



Hypertension or high blood pressure is often called "the silent killer" because it may have no outward signs or symptoms.

Blood pressure is the force exerted on your blood vessels when your heart pumps. When it's high, your arteries and vital organs can be damaged.

You can improve your blood pressure with lifestyle changes, daily tracking and support from a proven program.

Manage through lifestyle changes

- Eat a heart-healthy diet and stay hydrated
- Stay active by exercising 2 1/2 hours weekly
- Manage stress
- Monitor your blood pressure
- Manage other medical conditions you may have
- Take your medicine as prescribed

The normal range for blood pressure is

below 120 and/or below 80[1]

Is yours higher?

The Hypertension Management program from Livongo provides the resources and support you need to get your condition under control. Your team will guide you with the right information, customized to your needs.

> **"I used the system every day for a year and a half. My main quest was to get the blood pressure down...to get off the medicine. I eliminated sugar, lost 75 pounds and my blood pressure stabilized. The program was extremely valuable." Fred C.**

Get started with Livongo today

Visit TeladocHealth.com/motivate 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://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings

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/motivar

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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