

# Modern Diabetes Management, At No Cost to You



Livongo helps you stay on top of your health. It comes with an advanced meter, strips and lancets, and on-demand coaching.

## PROGRAM BENEFITS

- ✓ An advanced blood glucose meter
- ✓ strips and lancets
- ✓ Personalized insights
- ✓ One-on-one coaching
- ✓ Guidance on healthy habits



## GET STARTED



Text **"UNIVERSITYOFUTAH"** to **85240** to learn more & join

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

Regence BlueCross BlueShield of Utah offers this program at no cost to you

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/UNIVERSITYOFUTAH](https://bienvenido.livongo.com/UNIVERSITYOFUTAH)

Regence BlueCross BlueShield of Utah is an Independent Licensee of the Blue Cross and Blue Shield Association. Livongo is a separate company that provides care and disease management services. Livongo is not insurance, but it is offered in addition to your medical plan to help you get information and support when you need it. To opt out of the Livongo program, please contact Livongo Member Support at 1-800-945-4355.