

# Real people, real results

Livongo helps 700,000+ members worry less about managing diabetes.

“Livongo keeps me aware of my glucose levels without the worry of running out of supplies.”

Livongo member

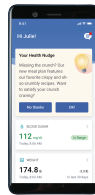


\$0  
cost to you

## With Livongo, you'll get:



A smart blood glucose meter to guide your journey



A connected app that tracks numbers so you don't have to



Access to expert coaches for advice on diet, lifestyle and more

## Get started

Text **"GO UNIVERSITYOFUTAH"** to 85240 to learn more and 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**

The testimonials, statements and opinions presented are applicable to the individuals depicted. Each member's exact results and experience will be unique and individual to each member. The testimonials are voluntarily provided and are not paid.

Program includes trends and support on your secure Livongo account and mobile app but does not include a phone, tablet, or smartwatch.

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 offers this program at no cost to you.

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.