

LIVONGO

Diabetes/Hypertension Management

Effective January 1st, Dicalite added a program to assist those with diabetes and diagnosed high blood pressure. This program, through Livongo, is paid for by Dicalite.

Do you have Type 1 or Type 2 Diabetes?

Those choosing to enroll in Livongo receive:

- A **FREE** Connected Blood Glucose Meter
- Unlimited **FREE** Test Strips and Lancets
- One-on-One Coaching for support with:
 - Optional Goals & Challenges
 - Coordination of Diabetes Care

Some individuals may also qualify for a **FREE** smart scale and blood pressure monitor.

Have you been diagnosed with High Blood Pressure?

Those choosing to enroll in Livongo receive:

- A Cellular Blood Pressure Monitor
- One-on-One Coaching for support with:
 - Monitoring of Blood Pressure
 - Food & Activity Tracking
 - Medication Support

Individuals with a certain BMI may also qualify for a **FREE** smart scale.



How do I enroll in Livongo?

It's easy, and takes only a few minutes! Visit join.livongo.com/register and answer a few easy questions about you and your health to register. Next, download the Livongo app and log in. You may also enroll by calling Livongo Member Support at **800.945.4355**.

What happens after I enroll?

After you enroll, you will be shipped the Livongo Welcome Kit that includes the Livongo meter and all the strips and lancets you need to check your blood sugar.

You will receive access to the Livongo member website, my.livongo.com, where you can personalize the program and access your readings. Additionally, you can choose to track all of your information through the Livongo app.