



# Modern diabetes management, at no cost to you



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

## Program benefits

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

## Get started

Text **"GO HARRISHEALTH"** to 85240 to learn more and join

You can also join by visiting [Join.Livongo.com/HARRISHEALTH/hi](https://Join.Livongo.com/HARRISHEALTH/hi)  
or call **800-945-4355** and use registration code: **HARRISHEALTH**

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

This program is offered at no cost to active employees and spouses who have diabetes and are enrolled in the Harris Health Medical Plan. Pre-65 retirees who have diabetes and are enrolled in the Harris Health Medical Plan are also eligible to participate.

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Crystal Cunningham at (346) 426-1812 or (346) 302-4248 or via email at [HarrisHealth@Cigna.com](mailto:HarrisHealth@Cigna.com) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light future communications by contacting Livongo Member Support at (800) 945-4355.