

# Livongo means living the healthier life I want



Get the tools and coaching support you need to help manage your weight and prevent diabetes at no cost to you.

## Program benefits



An advanced smart scale



One-on-one coaching



Personal meal & nutrition plans



Easy-to-use app & dashboard



Guidance on healthy habits

## Get started

Text **"GO HARRISHEALTH"** to 85240 to learn more and join  
You can also join by visiting [Healthy.Livongo.com/HARRISHEALTH/register](https://Healthy.Livongo.com/HARRISHEALTH/register)  
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 [hola.livongo.com/HARRISHEALTH](https://hola.livongo.com/HARRISHEALTH)

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