

New

**WEIGHT MANAGEMENT PROGRAM**

# Live your healthiest life possible



Your health and the health of your family is important to Harris Health System. With that in mind, the Weight Management program by Livongo is now being offered **at no cost to you** so you can live your healthiest life and feel your best.

## Tools and support, tailored to you



### Expert coaching and support

Get personalized advice on nutrition, meal plans, weight loss and more to help you reach your goals.



### Guidance on healthy habits

Learn how to take simple but powerful steps to manage your weight, eat healthy and sleep better.



### A connected smart scale

The scale syncs to an easy to-use mobile app so you can track weight and activity all in one place.

## Get started today at no cost to you

Visit [Healthy.Livongo.com/HARRISHEALTH/Register](https://Healthy.Livongo.com/HARRISHEALTH/Register)  
or call Livongo Member Support at 800-945-4355.

To enroll in Livongo, you must opt in to at least one program that Harris Health System offers as a health benefit. You must also meet the health criteria for each program you wish to enroll in. If a Livongo program is not offered by Harris Health System, or if you do not meet the specific health criteria of that program, you will not be able to enroll.

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)

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

Program eligibility varies. Visit our website to learn more.