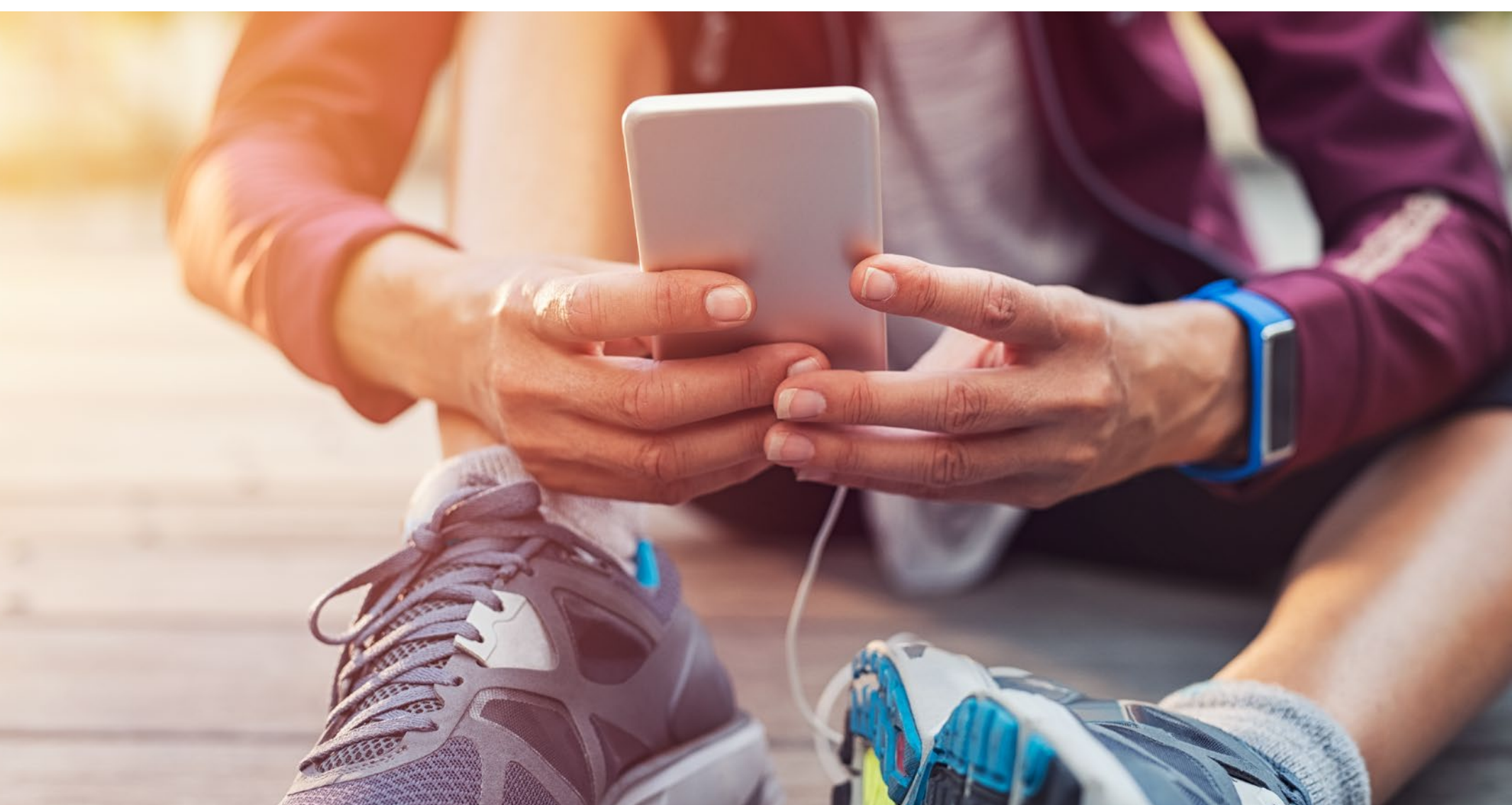


See Your Daily Steps in the Livongo App



Ready, set, step! You can now track steps right in your [Livongo app](#). Just open your app, select “**Start tracking your steps**,” and see all your key stats in one place.

To celebrate, we’re challenging all Livongo members to take **35,000 steps** this week. You start stepping, we’ll start tracking!

START TRACKING STEPS 

How many steps should I take?

To maintain good health, we recommend 5,000 daily steps as a starting point. But the more, the better!



Tip: To take our 35,000-step challenge, try to get 5,000 steps in every day this week.

Get Support

We’re here to help! Contact us at membersupport@livongo.com or call (800) 945-4355.

Steps syncing is available with Apple HealthKit, Google Fit, Apple Watch Series 3, Apple Watch Series 4, Fitbit Versa, Fitbit Ionic, and Samsung Galaxy watches. Have another tracker? Just tap “Start tracking your steps” in your Livongo app to check if steps sync.