

LIVONGO MEANS

Living the healthier life I want.

Get tools and coaching support to help lose weight, keep it off, and develop long-term healthier habits—all at no cost to you.



PROGRAM BENEFITS:

- ✓ One-on-one coaching
- ✓ Smart scale
- ✓ Personal meal & nutrition plans
- ✓ Easy-to-use app & dashboard
- ✓ Guidance on healthy habits



See if you qualify at:

healthy.livongo.com/HARRISHEALTH

or call **(800) 945-4355** with your code: **HARRISHEALTH**

The program is offered at no cost to employees and covered dependents under the age of 65 who qualify for Livongo and are enrolled in the Harris Health Medical Plan.

You must be eligible through your employer, health plan, or health provider. You may not qualify for Livongo if you are pregnant, have a BMI that's lower than the program minimum, or do not meet the specific health criteria. You must have an iPhone or Android smartphone 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 346-426-1812 (office); 346-302-4248 (Mobile) or via email at 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 of your health status.

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