

LIVONGO MEANS

Living the healthier life I want.



**COST-FREE
PROGRAMS**



**ADVANCED
TECHNOLOGY**



**ENCOURAGING
COACHING**



LIVONGO FOR DIABETES

Unlimited strips
Connected glucose meter
Personalized insights & more

LIVONGO FOR HYPERTENSION

One-on-one coaching
Connected monitor
Real-time tips & more

JOIN NOW AT [GO.LIVONGO.COM/HARRISHEALTH](https://go.livongo.com/harrishealth)

OR CALL (800) 945-4355 WITH CODE: **HARRISHEALTH**

It is offered at no cost to employees and spouses who have diabetes and high blood pressure and are enrolled in the Harris Health Medical Plan.

Solamente el programa Livongo para Diabetes está disponible en Español

Cuando se registre, usted seteará el idioma de preferencia y luego el medidor y el programa estarán en Español. Para registrarse en Español, llame al (300) 945-4355 o visite get.livongo.com/HARRISHEALTH

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 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.