

Diabetes management, simplified



An advanced blood glucose meter and as many strips and lancets as you need, paid for by your employer.

It's all in the meter and on the house.



Personalized tips with each blood sugar check



Real-time support when you're out of range



Strip reordering right from your meter



Optional alerts to keep contacts in the loop



Send a Health Summary Report directly from your meter



Automatic uploads mean no more paper logbooks

Get started

Text **"GO HARRISHEALTH"** to 85240 to learn more and join

You can also join by visiting Join.Livongo.com/HARRISHEALTH/hi 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 bienvenido.livongo.com/HARRISHEALTH

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